North Coast
journal
of Politics, People and Art

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Can Humboldt County Solve Addiction?

Where our resources lift addicts up, and where they let them down

By Linda Stansberry

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21 Salt. Cabbage. Smash!



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The North Country Fair shimmies through NCJ Daily, page 10.

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Photo illustration by Holly Harvey

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Publisher
Judy Hodgson
judy@northcoastjournal.com

News Editor
Thadeus Greenson
thad@northcoastjournal.com

Arts & Features Editor
Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

Assistant Editor/Staff Writer
Grant Scott-Goforth
grant@northcoastjournal.com

Staff Writer
Linda Stansberry
linda@northcoastjournal.com

Calendar Editor
Kali Cozyris
calendar@northcoastjournal.com

Contributing Writers
John J. Bennett, Simona Carini, Barry Evans, Jennifer Savage, Genevieve Schmidt

Art Director/Production Manager
Holly Harvey
holly@northcoastjournal.com

Graphic Design/Production
Miles Eggleston, Carolyn Fernandez, Christian Pennington, Jonathan Webster
ncjads@northcoastjournal.com

General Manager
Chuck Leishman
chuck@northcoastjournal.com

Advertising Manager
Melissa Sanderson
melissa@northcoastjournal.com

Advertising
Mike Herring mike@northcoastjournal.com
Daniel Keating daniel@northcoastjournal.com
Tad Sarvinski tad@northcoastjournal.com
Kyle Windham kyle@northcoastjournal.com

Classified Advertising
Mark Boyd
classified@northcoastjournal.com

Marketing & Promotions Manager
Drew Hyland
drew@northcoastjournal.com

Office Manager/Bookkeeper
Deborah Henry
billing@northcoastjournal.com

Mail/Office
310 F St., Eureka, CA 95501
707 442-1400 FAX: 707 442-1401
www.northcoastjournal.com

Press Releases newsroom@northcoastjournal.com
Letters to the Editor letters@northcoastjournal.com
Events/A&E calendar@northcoastjournal.com
Music thesetlist@northcoastjournal.com
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Plein Air at the LOST COAST

Shelter Cove & Benbow Historic Inn

Sept. 30 - Oct. 4 , 2015



Participating Artist & 2014 Best of Show Winner: Sterling Hoffmann

Events in Shelter Cove

WED., SEPT. 30

6-8:30 p.m. Welcome Dinner with live music by Chris Brannan and Tony Nester, Community Clubhouse. (Beer & wine available.)

THURS., OCT.1

9-11a.m. Artist Workshop Class (Nominal Fee)

11:30 a.m. Free painting demonstration by Monika PiperJohnson, Lighthouse

7-8:30 p.m. Free painting demonstration & stories of Mongolia by Humboldt County's own Susan Fox, Community Club House.

FRI., OCT. 2

10 a.m.-4 p.m. Community Mural painting,

Children are eligible to win art kits & supplies for participating.

SAT., OCT. 3

HELICOPTER RIDES!

10 a.m.-4 p.m. Mural continues

1 p.m. BBQ, Music by the SoHum Girls, free facepainting, live painting demonstration by Sterling Hoffman Mal Coombs Park. (Nominal fee).

7-10 p.m. Meet the Artists reception, awards and art sale. (Beer & wine available.)

Events at Benbow

WED., SEPT. 30

2-4 p.m. Benbow Inn Quick Draw #1. Art displayed and available for sale.

SUN., OCT. 4

10 a.m.-2 p.m. Benbow Inn Quick Draw #2

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Never Surrender

Editor:

The *Journal*'s silver anniversary rehash was off base when it came to timber ("Then and Now," Sept. 17). Thadeus Greenson credits the Redwood Summer protests, in 1990, with "kicking off the timber wars." But this war began in 1986, with three large demonstrations against Maxxam in San Francisco, Arcata and Scotia. Over the next four years, and well before the May 24, 1990 bombing of Judi Bari (who was not mentioned in the issue, despite her image on the cover), hundreds of people participated in dozens of direct actions, resulting in scores of arrests and regular news coverage in the country's largest print and electronic media.

Greenson also strains to produce evidence, heretofore unknown, of benevolence on the part of Maxxam CEO Charles Hurwitz, who "continued the company's practice of taking care of its own. Not one employee was let go in the wake of the takeover. ..." Indeed, Maxxam increased Pacific Lumber's workforce from 900 in 1986 to 1,300 by 1990. But what else was Maxxam to do after tripling the cut of ancient redwoods? Oh, that's right: rob employees of their $60 million pension fund; liquidate $3 billion in PL assets; gouge taxpayers for the $980 million (including $500 million in tax credits) cost of Headwaters Forest (more than Maxxam paid for all of Pacific Lumber); then (as we predicted in 1987) declare bankruptcy, further stiffing taxpayers and timber workers.

Earlier, *Journal* publisher Judy Hodgson reported that "the timber wars are pretty much over." ("Counting Rings," Sept. 17.) But it's the resistance to the war that has gone all but missing; the war itself continues apace. Green Diamond's 420,000-acre transformation of the world's greatest forest to shag carpet of cloned, even-aged conifers, pocked by swaths of dying hardwoods where the company sprays herbicides, is a national disgrace never adequately covered by the *Journal*. Farther south, the Humboldt and Mendocino Redwood Company, although not logging as heavily as its predecessors — Maxxam and Louisiana Pacific — is still damaging watersheds and biodiversity with an excessive cut and liberal use of herbicides.

Together Green Diamond and HRC/MRC control half of the entire redwood biome. Peace is nowhere near at hand.

Greg King, Arcata

For Sid Dominitz

"Coming Down" comes the call
Brooklyn in the voice
The ball works its way around the infield
Back to Sid on the mound.

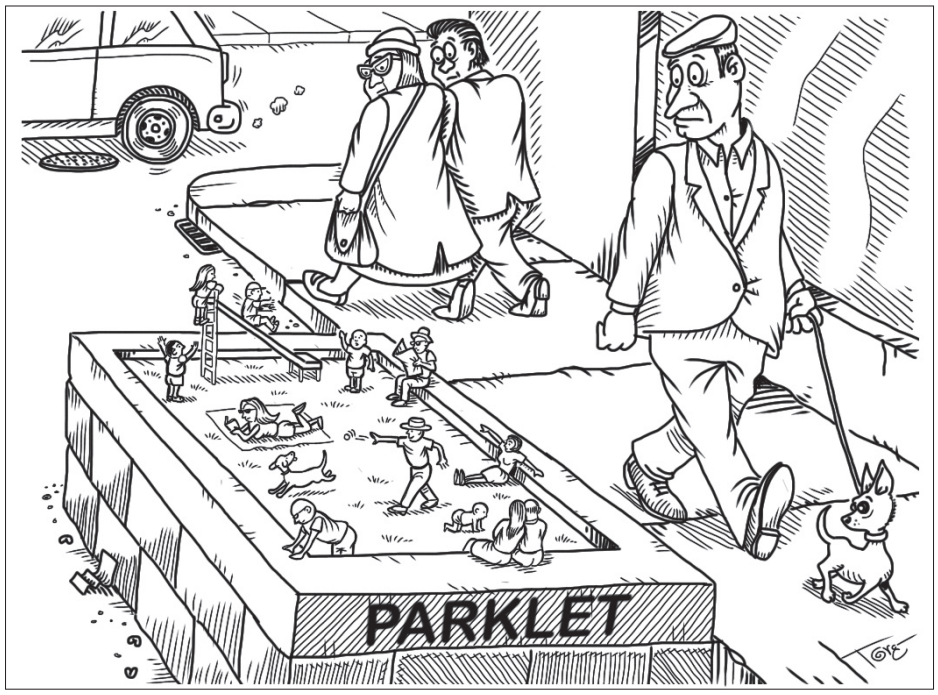
We used to joke
the only way we'd get to pitch
was if Sid ...

But those games are over
and it's too lofty a perch now, anyway,
for pretenders, mere mortals.
We lack the wit and the wisdom,
the character.

In another league now,
Sidney, Mighty Sidney
lobs fat giveaways
to Mantle and Mavis

And between innings, relates the past glories
of beer league champions.

— *Tom McDonnell*



Terry Torgerson.

Us

Editor:

This is a thank you to Linda Stansberry and the *NCJ* staff for their work and publication of the first part of "What's Killing Us?" (Sept. 10). I appreciate the thoughtful approach to the exploration of what is most often the cause of addiction for people. Too often (especially as of late) I hear judgment and criticism, particularly when it comes to homelessness and how addiction and mental illness play critical roles. In my humble opinion, the problem lies in the very mentality that addiction is "us vs. them."

For me, this hits extremely close to home as just five months ago my little brother, at age 19, passed away from an unintentional drug overdose. The article's discussion of childhood trauma and mental illness was very true for him. Despite having family who loved him very much there wasn't enough time and correct use of social support to save him in time. I want to remind people that, when they read these statistics, there are real people attached to them. You cannot gather from statistics on drug-related death how wonderful a person was in life, despite their addiction, and how loved they continue to be. This is not an "us vs. them" problem. You can continue to incriminate and judge those who you don't know or understand and then complain about societal problems or you can do something to help.

One place to start is by helping youth. We were all once children who came into a world we did not create. Please take a moment to check out The Odyssey Film Project: www.odysseyprojectfilm.com.

I'm really looking forward to the second part of the article. Thank you.

Amy Neff, Eureka





All Ears

By Marcy Burstiner
newsroom@northcoastjournal.com



A map of public radio throughout the United States.
www.publicradiomap.com

A decade ago, I watched the media world consolidate so fast I thought it wouldn't be long before two companies owned all the radio on my dial. But now local radio is springing up like native grass.

The consolidation craze first started when President Bill Clinton signed into law the Telecommunications Act of 1994, which cut most of the restrictions on media mergers. Clear Channel Communications now owns 850 stations across the country, including the string of KISS-FM stations that loop the same pop songs from a central programming robot.

But things cycle back. A private equity firm bought Clear Channel. Last year it changed the name of the company to IHeartMedia Inc. in an attempt to distance itself from the idea of radio. That's so goofy it has to be a sign of a company in serious trouble.

It may be that corporate radio itself is in trouble in this age of music streaming. My daughter listens nonstop to 99.1, a locally owned station out of Ferndale that brands itself to the IHeartMedia KISS-FM format. But I expect *(pray?)* that she will ditch the station when she goes to middle school.

Here is my disclosure for this column: I detest Clear Channel in whatever incarnation. I think the KISS-FM format is evil. I have no academic, peer reviewed, empirical research data to prove it but I am certain *(absolutely certain!)* that One Direction and Selena Gomez are destroying my daughter's brain and turning her into a pop culture drone. I am powerless to stop it.

But just when I get despondent about how much control big corporations have over our lives, things start swinging back, a little at least. Just look at the Republican presidential contest. I thought that when the U.S. Supreme Court ruled in its *Citizens United* decision that we couldn't stop money from pouring into campaigns, the Republicans would have a lock on elections, considering how cozy they are to the billionaires. But it turned out that billionaires don't like each other and decided to buy their own puppets. Now we have 16 of them on a stage, all pulled by different masters. Meanwhile, across the room, old man Bernie Sanders sneaks into the race funded by the small change people toss into his hat.

The Sanders-like development in radio happened in 2010, when a crazy grass roots campaign forced Congress to pass the Local Community Radio Act. That made it a lot easier for community groups to get low-power FM licenses. My students at KRFH picked up 105.1 in 2013 and went on the air last year. Now Access Humboldt, which operates a program out of Eureka High School that teaches people in the community how to produce and broadcast television, hopes to go on the air in a year with KZZH at 96.7.

There is already a crazy amount of public radio in Humboldt County. I flip between KHSU (Humboldt State's National Public Radio affiliate), the BBC on KHSU's companion station and KRFH.

Because I banned KISS-FM from my car, I have been able to turn my daughter onto the news on NPR. She finds it interesting. When we listen to the music my students spin on KRFH, we play a game we call *Weird!/Not Weird!*

Down south, I listen to local news on KMUD produced by my colleague Terri Klemetson. North on U.S. Highway 101, I catch the talk shows on Jefferson Public Radio's 91.5. But there is more radio I don't even get to. The folks at the Blue Ox school in Eureka operate a station. According to the FCC, the Dell'Arte School for Physical Theatre has a station, which is hard to conceptualize, considering silent slapstick is the school's specialty. Out on State Route 299 the Hoopa tribe operates KIDE.

Radio coverage is hard to visualize. But in 2013 a guy by the name of Andrew Filer mapped all the public radio airways he could find, using data from the FCC and other sources. You can find it by Googling "public radio map." It shows the United States covered by what look like colored rubber bands. In some parts of the country, like a long north-south swath from Texas to the Dakotas, the bands are separate and distinct. But in other parts, they are so many and so concentrated you can't tell them apart. One of the most dense areas is our region. We may have more public and community radio per capita than anywhere else in the nation.

Public radio survives on money from you and me and local businesses that buy underwriting. That an area in which the big metropolis has a population of less than 30,000 can support all those stations is great, but I worry it isn't sustainable. One of the biggest public radio groups in the country, Minnesota Public Radio, which produces Garrison Keillor's Prairie Home Companion, announced in July that it would layoff more than 10 percent of its employees. But the goliath, National Public Radio, told the *Huffington Post* this summer that, after years of losing money, it has finally broken even.

On Oct. 2, I'll go on KHSU to help convince listeners to pony up some money during the station's pledge drive. But all our local media needs our support. There are only 130,000 of us in Humboldt County, spread from Shelter Cover to Orick to Willow Creek to Hydesville. Hopefully, there will be enough money to keep it all running, and enough volunteers with enough energy to fill the dead air.

A few years ago, a student on *The Lumberjack* newspaper did a story on pirate radio in Humboldt, documenting the slew of unlicensed tiny-watt stations people operate illegally. By requesting public records from the Federal Communications Commission, he found the FCC had sent an agent to Humboldt County to stake out the home of a pirate radio operator to try to shut that one tiny station down. There were stake-out photos in the file. Low-power FM is a lot bigger than pirate radio. We'll be able to listen to these stations outside of a one-block radius. I hope the energy people previously put into these illegal stations will be put into our emerging low-power scene. It is the best way to fight corporate media power. ●

Marcy Burstiner is chair of the Department of Journalism and Mass Communication at Humboldt State University.

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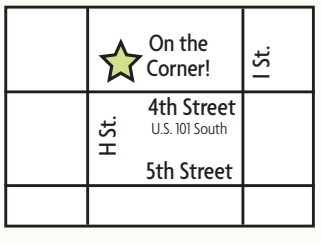
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Murky Waters

The cause and effect of the Yurok Tribe's withdrawal from the Klamath Agreements remain unclear

By Thadeus Greenson
thad@northcoastjournal.com

The Yurok Tribe has remained silent since announcing on Sept. 15 that it is withdrawing its support for the historic Klamath Agreements, a hard fought compromise reached five years ago aimed at removing the four dams that dot the Klamath River.

The tribe's exit from the Klamath Basin Restoration Agreement and the companion Klamath Hydroelectric Settlement Agreement may prove a death knell to the deals, which have languished in a Congress that has so far failed to enact legislation needed to move the agreements forward. On the heels of the Yurok Tribe's announcement, both the Karuk Tribe and the Klamath Tribes of Oregon reportedly announced they'll likely pull out of the deal as well, if Congress fails to take action by the end of the year.


Fish lie dead on the bank of the Klamath River in 2002, when low river flows created deadly conditions, killing tens of thousands of salmon. *Michael Belchik.*

Even before the Yurok Tribe's announcement, many stakeholders' hopes were plummeting, as it seemed increasingly unlikely that the Republican-controlled Congress would move on the legislation, which comes with an $800 million price tag. Some lawmakers worry the agreements will set a precedent for future dam removal projects. But the exact reasons the Yurok Tribe decided to pull out remains murky at best.

The tribe did not return numerous *Journal* calls seeking comment for this story and we've been unable to find any reporting elsewhere of Yurok officials explaining the move. The tribe's 652-word press release announcing the move is vague, saying only that "over time the bargained for benefits of the agreements have become unachievable" and that a recent deal reached between the Klamath Tribes of Oregon and other stakeholders to resolve water rights disputes provides benefits "that upset the bargained for benefits" of the original agreements. So what are these "bargained for benefits" that are now unachievable and how does the Klamath Tribes of Oregon deal impact the Yurok Tribe? It's unclear. And it's similarly unclear exactly what the tribe's withdrawal means and how it will or won't impact the process moving forward.

What is clear is that the Yurok Tribe is upset it wasn't included in the negotiations that resulted in the Upper Klamath Basin Comprehensive Agreement in April of 2014 and is apparently displeased with the result. In its press release, the Yurok Tribe says that, despite requests, it was not invited to participate in the Upper Klamath settlement talks. Those talks ulti-

mately resulted in a landmark agreement between state and federal agencies, the tribes and Upper Klamath irrigators that, when signed, was heralded as an historic win-win agreement that was good for the environment, irrigators and the tribes.

Essentially, the complicated deal saw the upper Klamath tribes cede some of their senior water rights to allow irrigators to water 18,000 acres of farm land in exchange for increased flows into Upper Klamath Lake. The tribes will also get $45 million in federal economic development funds and federal help acquiring the Mazama Forest, a long-sought after 90,000-acre piece of land that used to be part of the tribes' reservation. U.S. Sen. Ron Wyden, D-Oregon, praised the agreement as the last piece that needed to be put in place before Congress could act on the Klamath Agreements. "Now it is time for Congress to get to work and build on what has already been done," he said at the time.

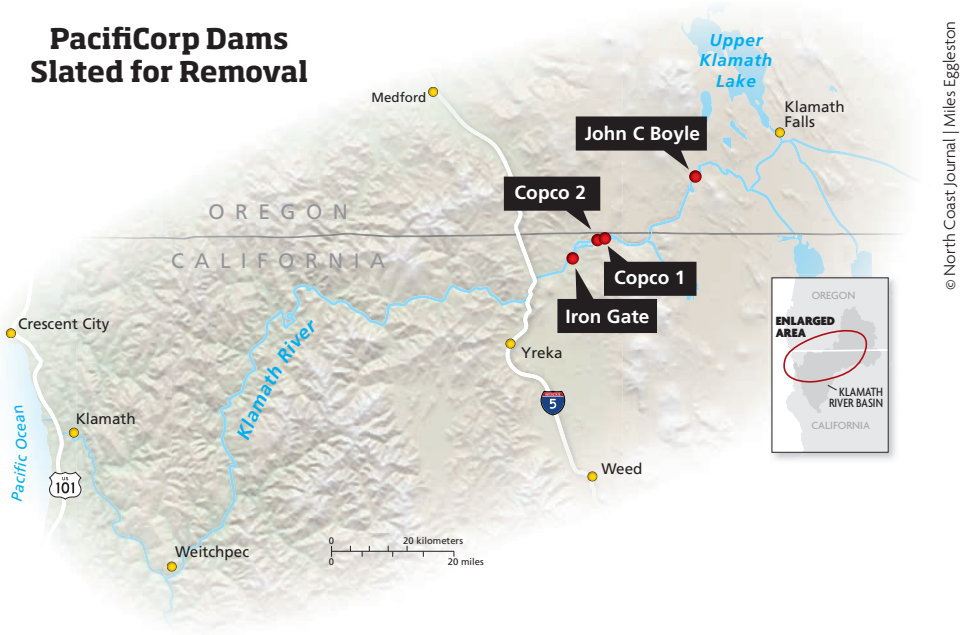
What the Yurok Tribe hoped to get out of these negotiations is unclear, as is why the tribe feels the agreement broke the "delicate balance of bargained for benefits" achieved by the initial agreements. In its press release, the Yurok Tribe said only that it has worked for the last year and a half to restore the balance, including through negotiations with the U.S. Department of the Interior, but to no avail. The tribe does not specify what it was looking to gain through the negotiations or why it's just now come to the conclusion that balance is unattainable.

On Jan. 8, Wyden introduced the Klamath Basin Water Recovery and Economic Restoration Act of 2015, the much anticipated legislation that would pave the way for the Klamath Agreements. It was referred to the Senate Committee on Energy and Natural Resources, where it languishes to this day with no action to speak of.

The path forward from here is murky at best. The Klamath Agreements were binding, so the Yurok Tribe's announcement seems more symbolic than anything. But that doesn't mean it won't have a powerful impact. The legislation was already deemed controversial and now lawmakers have to worry about the Yurok Tribe — a principal party and driving force behind the original agreements — showing up to protest at a committee hearing. The tribe's press release also notes that it is moving forward with referring its dispute to the Klamath Basin Coordinating Council, a body the agreements task with mediating any stakeholder disputes that should arise, so it's possible this is simply another tactic being deployed in what's now been a 10-year negotiation.

It's also entirely possible that the Yurok Tribe no longer thinks the agreements are the most viable and expedient path toward dam removal and, instead, is eyeing a possible partnership with the Hoopa Tribe. Never a party to the agreements, the Hoopa Tribe has been working through the courts and the Federal Energy Regulatory Commission to try to get PacifiCorp to remove its Klamath dams. The tribe is arguing that the federal commission is violating the federal Clean Water Act by allowing the Warren Buffett-owned PacifiCorp to continue operating the dams with licenses that expired in 2006.

PacifiCorp Dams Slated for Removal



© North Coast Journal | Miles Eggleston

In pushing the commission to move forward with relicensing, the Hoopa Tribe is hoping that forcing the company to comply with clean water laws will lead to a mandate to install fish ladders on all four dams, which would likely prove more expensive in the long run than simply removing the dams altogether. Regulating the dams under today's standards — as opposed to their recently expired 1956 licenses that predate many environmental laws — may lead to their removal.



A steelhead infected with ich during the 2002 Klamath fish kill. *Michael Belchik.*

But believers in the Klamath Agreements point out that the commission — known as FERC — hasn't historically leapt to dam removal as a favorable option in other cases, noting that the only dams removed through FERC processes have been the result of private settlements.

Meanwhile, local environmental groups that have long called for Klamath River dam removal sit and wait. During the All Species Parade at Arcata's North County Fair on Sept. 20, a school of puppet salmon circled H Street before bursting through a paper banner dam held by paraders, drawing cheers from those looking on. Northcoast Environmental Center Executive Director Dan Ehresman said the bit of live theater wasn't intended as a statement on the Yurok Tribe's announcement. In reality, Ehresman said, the NEC just wants to see the dams gone, no matter how it happens.

"We just want to continue to call attention to the fact that there are four dams on the Klamath that are not providing any meaningful benefit to anyone, yet they are causing significant harm and blocking fish passage and cutting off watersheds," he said. "We need to continue calling attention to that issue."

In a statement released after the Yurok Tribe's announcement, North Coast Congressman Jared Huffman said he still believes the Klamath Agreements are the best path toward dam removal. But, the congressman said he — like the Yurok Tribe — has grown frustrated as, year after year, Congress has failed to act as massive annual fish kills on the Klamath have been narrowly avoided. Congress needs to act, Huffman said, and "the Yurok announcement demonstrates that time is not on our side."

News that the Klamath tribes and the Karuk Tribe may also bail on the agreements if Congress hasn't acted by the end of the year only seems to underscore Huffman's point. But there could be another wildcard at play, as the Yurok Tribe has elections looming in October, with Chair Thomas O'Rourke Sr. and Vice-Chair Susan Masten facing challengers.

Could a change in leadership shift the tribe's approach to the Klamath Agreements? Like so much else in this latest chapter of the Klamath saga, it remains unclear. ●

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Homeless Campers Pushed to a 'Safer' Place

Kathleen Hytholt has been living in a makeshift shelter in the greenbelt at the corner of Sixth and T streets in Eureka for two months. She has been homeless for three years.

"I won't go to the Devil's Playground," she said, referring to the PalCo Marsh area behind the mall where around 100 people are camped. "I won't go to Cooper Gulch either. ... I wouldn't be here if I didn't have to be. Nobody would."

But the Eureka Police Department is urging homeless campers to move to the north part of the PalCo marsh. While previous plans to establish a "sanctuary camp" for the city's homeless were abandoned by the city, it appears as though an unofficial "safe place" is in fact being encouraged. A rash of recent violence among the homeless population camped in Eureka's marshes and forested areas has prompted the agency to consolidate campers in the flat, open section north of the Bayshore Mall.

While previous police efforts have focused on "cajoling" the estimated 730 people homeless in Eureka into transitional housing, Mills said he is now directing his officers to move people to one spot that's more accessible to police, fire and medical services.

"We're moving forward," said Mills. "We won't take 'no' for answer."

But Councilmember Kim Bergel said this is not a call for campers in other parts of the city to move to the marsh, where they are trying to "move people out." EPD Capt. Steve Watson also said he doesn't want the marsh to become known regionally as "the spot to go."

Hytholt's camp is not on city property, but a stretch of land owned by Caltrans. Betsy Totten, Caltrans' spokesperson, confirmed the agency received multiple complaints from neighbors about people camping in the area, which is bordered by the Humboldt County Office of Education and the Eureka Community School.

During a Sept. 18 visit, Totten and Hytholt resolved that she would receive a week's grace period, enough time to gather her belongings and find a place to stay. Homeless advocate Janelle Egger and Bergel are working with her to find housing. Other campers in the area were evicted and the area cleared of camps. Totten reported that they threw away several dozen used needles.

— Linda Stansberry

POSTED 9.21.15. READ THE FULL STORY ONLINE.

Dancing around the Plaza



Drums and dancers beat a rhythm and a path around the Arcata Plaza on the first day of the North Country Fair. *POSTED 9.20.15*

— Alexander Woodard

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For the news as it develops and all you need to understand politics, people and art on the North Coast, follow us online.

Alibi Expands: The doors of the new Alibi expansion swung open on Friday, Sept. 18, inviting people in for drink in the bar's spacious, bright new wing. The new half of the veteran dining/drinking establishment features an outdoor area. Owner Justin Ladd expects the kitchen to be up and running this week. *POSTED 9.19.15*

Plea Deal for Cop: Former Rio Dell Police officer Kevin Harralson must serve three year's probation and complete a 52-week domestic violence counseling program after pleading guilty to a single count of false imprisonment. Harralson may not seek employment as a cop during his probation. *POSTED 9.14.15*

HSU Gets Sex Assault Funding: Humboldt State University announced that it won a $300,000 grant from the U.S. Department of Justice to reduce sexualized violence on campus. The funding will allow the university to expand its Check It program and work with community partners. *POSTED 9.20.15*

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Digitally Speaking

37 The number of homicides in Humboldt County since Jan. 1, 2013. The latest, as of press time, was 63-year-old homeless Eureka man Terry Lee Thomas, who died Sept. 8. *POSTED 9.21.15*

Comment of the Week

"Real power to secure real and durable benefits for the River and Klamath Salmon depends on the water rights a tribe has asserted. The failure of the Yurok Tribe to assert its inherent reserved right to Klamath River flows was and remains a colossal mistake."

— "felicepace," on the Yurok Tribe's announcement that it will leave the Klamath Basin Restoration Agreement. *POSTED 9.16.15*

They Said It

"We're doing everything we can possibly do, yet the violence continues."

— Eureka Police Chief Andy Mills, on the department's motivations to consolidate homeless campers. *POSTED 9.19.15*

Who's Who?

We featured a total of 46 faces on the cover of last week's 25th anniversary edition of the *Journal*. Did you recognize them all? In the event that you were having a bit of trouble distinguishing T. Great Razooly from Murl Harpham or Wesley Chesbro from his mustache, we've got you covered.



1. Joan Schirle
2. Deep Trout
3. Glen Sipma
4. Carlo Mazzone-Clementi
5. Betty Chinn
6. Paul Gallegos
7. Michael Fields
8. Julia Butterfly Hill
9. Tim McKay
10. Hobart Brown
11. The Carson Block Building
12. Spotted owl
13. Nancy Flemming
14. Peter LaVallee
15. Wesley Chesbro
16. Wendy Ring
17. Frank Jager
18. Virginia Bass
19. Cherie Arkley
20. Patty Berg
21. Ryan Sundberg
22. Dave Meserve
23. Rob Arkley
24. Murl Harpham
25. Connie Stewart
26. Mark Lovelace
27. David Tyson
28. T. Great Razooly
29. Mia Owsley
30. Tom Abate
31. John Wesa
32. Carolyn Fernandez
33. Judy Hodgson
34. Rose Welsh
35. Duane Flatmo
36. Pot
37. Curley Tate
38. Chris Kerrigan
39. Bonnie Neely
40. Terry Farmer
41. Judi Bari
42. Don Banducci
43. Rainbow Mountain Walker
44. Charles Hurwitz
45. Bigfoot
46. Cini or Masala the red panda (hey, they're twins)

20th Annual
FARM STORE PET FAIR

Sept. 26th
10AM - 4PM

Non-Profits:

Hospice of Humboldt
"Pet Peace of Mind"
Buddy & Angels
Humboldt Animal Rescue Team
Heart of the Redwoods Horse Rescue
Miranda's Rescue
Wild Souls Ranch
Humboldt Spay Neuter Network
Arcata Bottoms / Freshwater 4-H
Sequoia Humane Society
Redwood Pals Rescue
Companion Animal Foundation
Butler Valley Inc.

THE FARM STORE
Tera Kay Inc
PET SUPPLIES HAY & GRAIN
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443-7397
THEFARMSTORE.NET

10% or more of your purchase supports BGHP services when you shop & dine at these businesses on the following days:

12th ANNUAL

SALES FOR SURVIVORS

October is National Breast Cancer Awareness Month

Breast and GYN Health Project
A Cancer Resource Center

FRIDAY, OCTOBER 2

Humboldt Dutch Bros, 1108 Broadway St. & 430 N St. - *Donating all proceeds* • **Stars Hamburgers,** Arcata & Eureka - *Donating 15%*

SATURDAY, OCTOBER 3

All Under Heaven, Arcata - *Donating 50%* • **Arcata Exchange,** Arcata • **Art Center,** Arcata • **Belle Starr,** Arcata & Eureka • **Bubbles,** Arcata • **Caravan of Dreams,** Arcata • **Good Relations,** Eureka • **Hot Knots,** Arcata • **Northtown Books,** Arcata • **Plaza Shoe Shop,** Arcata

Ladies of Second Street, Eureka:

Booklegger • Ciara's Irish Shop • Going Places • Humboldt Herbals • Sassafras • The Linen Closet

MONDAY, OCTOBER 5

Pasta Luego, Arcata

WEDNESDAY, OCTOBER 7

Bless My Soul Café, Eureka • **Blue Moon Gift Shop,** Garberville

THURSDAY, OCTOBER 8

Humboldt Brews, Arcata

FRIDAY, OCTOBER 9

Libation, Arcata • **Plaza: Be Inspired,** Arcata • **Pocket of Posies,** Eureka - *Donating 25%* • **Sweet Grass,** Garberville • **Yarn,** Eureka

SATURDAY, OCTOBER 10

Claudia's Organic Herbs, Arcata Farmers' Market • **Fortuna Feed & Garden Center**

All-Month Events:

Six Rivers Brewery, McKinleyville - *Donating $1 from each pint of Raspberry Lambic sold in October*

Mad River Brewing Company, Blue Lake - *Donating $1 from each pint of Jamaica Red sold in October*

Primal Décor, Eureka - *Donating $5 from each nipple piercing, t-shirt & hoodie sale*

Miller Farms Nursery, McKinleyville - *Donating proceeds from special potted plants*

Ray's Food Place, Humboldt locations - *Donating proceeds from their "Register Roundup"*

Myrtle Avenue Pet Center, Eureka - *Multiple sales going on during the month of October benefit BGHP*

Special Events:

FRIDAY, OCTOBER 2

Dutch Bros Coffee, 1108 Broadway St. & 430 N St., Eureka - *Donating ALL PROCEEDS to BGHP*

SATURDAY, OCTOBER 3 at 5 PM

Humboldt Cash Mob - Meet the Mob in the Center of the Plaza in Arcata. The mob marches at 5 p.m. to mob a Sales for Survivors business!

SATURDAY, OCTOBER 10

Fortuna Feed & Garden Center's Annual Fall Expo - A fun day of food, games, pony rides and specials galore! *10% donated to BGHP*

Watch for more businesses later this month!

Breast and GYN Health Project • **987 8th Street, Arcata**, CA, 95521 (707) 825-8345 • View the full calendar at **www.hcbhp.org**

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Infusions

By Grant Scott-Goforth
@grantscottgoforth
grant@northcoastjournal.com

A recent report by the *Guardian* shows that alcohol sales in Colorado grew in the years after the state legalized recreational pot, seemingly dispelling an argument that pot advocates have made that alcohol consumption would decrease with easier access to marijuana.

It's unclear if possible alcohol temperance was a selling point for Colorado voters, but the prediction has led to fears in the alcohol industry as legalization spreads through the U.S. In Colorado, those concerns have all but vanished. Alcohol excise tax revenues rose 2.1 percent from June 2014 to May 2015, and brewers and retailers in the state have confirmed growth in sales.

While some studies indicated that consumers think pot can replace alcohol, it seems sort of obvious, in retrospect, that legal weed wouldn't cut into Americans' appetite for booze. Anyone who's stumbled upon a disc golf course, for example, would know that desire for the inebriants isn't mutually exclusive.

And some in Colorado are saying legal marijuana is drawing tourists, which is good for sales — a New Belgium Brewing Co. spokesman suggested that there's an overlap between people who enjoy craft beer and high quality marijuana. With impending legalization in California, this could be good news. Craft beer and quality pot are languages that Humboldt County speaks.

●

Speaking of overlapping interests, the *Guardian* also recently featured a profile of Denver chef Josh Pollack and his THC-infused cured salmon. Can we stop?

I mean, edible THC delivery is fine. Smoke's bad for us. But how about a nice pill or tincture or lozenge? Something with a measurable dose? Something that isn't linked to a vital function, like nutrition? (Let's put aside, for a moment, the irony of infusing salmon with pot — the marriage of two of the North Coast's most precious resources that are increasingly at odds over scarce water.)

I've never really understood the appeal of ganja food, except as subterfuge for getting high in a campout festival or some such restricted area. Ingested weed takes time to kick in, lasts much longer and can lead to unpredictable results. Nowadays, legit manufacturers seem to be getting a handle on dosages, but still — a marijuana-lox bagel?

That's Pollack's vision. He launched his stoney seafood on 4/20, and told the *Guardian* it "was a little strong." He's been guinea pigging customers at his deli ever since, "getting more calculated" each time he makes it in order to meet Colorado's dosage standards. Sounds like the scientific rigor you'd expect from your line cook-cum-pharmacists.

●

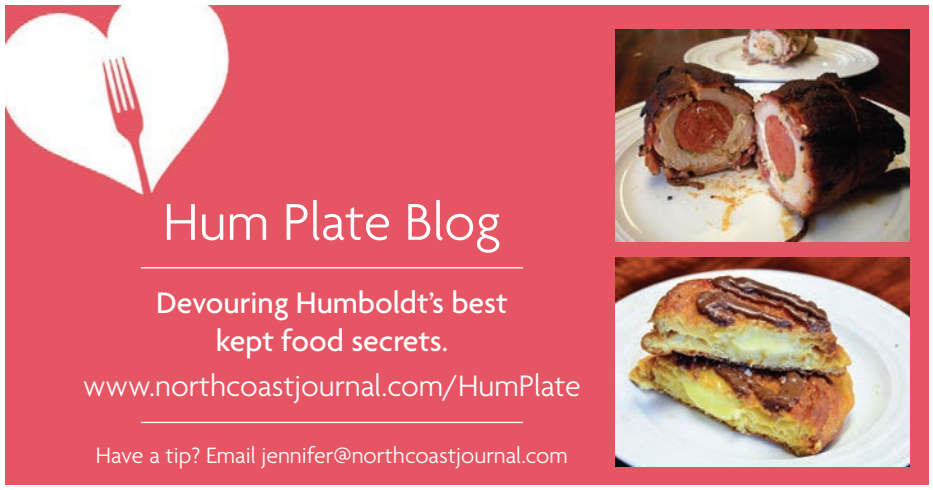
On the actual scientific rigor front, German researchers have engineered yeast that produces THC, according to the *New York Times*. Coaxing desirable medications out of yeast is a thing right now, apparently — researchers got the micororganisms to produce hydrocodone in August — but it's nothing new. After all, people have been coaxing alcohol out of yeast for thousands of years.

As the *Times* reports, there's interest in utilizing those most irie of yeasts to brew beer, but the researchers involved see more medically inclined applications for the breakthrough. And anyone who visited the Humboldt Homebrew Festival this year knows you don't need a German lab to get THC into your bottle of beer.

Perhaps the most interesting aspect of the *Times* report is the admission by one researcher on the project that synthetic production of yeast is kind of a dead-end. After years of careful hybridization, some cannabis plants yield 30 percent THC content, according to the article, making it an efficient producer of the compound.

"Right now, we have a plant that is essentially the Ferrari of the plant world when it comes to producing the chemical of interest," Jonathan Page told the *Times*. "Cannabis is hard to beat." ●









Staff, clients and board members stand in front of the new jungle gym at Alcohol and Drug Care Services' Serenity Inn. Front row, L to R: Dr. Ruby Bayan, John B. McManus, Kathy Leigh Willis, Tina Garsen, Bradley Bogdan, Vicki Hilton, Carter Spain. Back row, L to R: Josh Spain, Mark Burwell, Katey Handrich.

Can Humboldt County Solve Addiction?

Where our resources lift addicts up, and where they let them down

Story and photos by Linda Stansberry
linda@northcoastjournal.com

The first thing you see when you walk into detox are the names of the dead. A wooden plaque on the wall displays them on brass plates, a tribute to former patients of Alcohol and Drug Care Services in Eureka who did not survive the disease of addiction. Twenty percent of all deaths in Humboldt County over the last three years were related to alcohol and other drugs. Less tangible, and less measurable, are the numbers of those who have broken free from addiction's grasp. What does it take to beat addiction? And what help does Humboldt County have to offer?

Editor's Note: This is the second in a two-part series looking at addiction on the North Coast. The first installment ("What's Killing Us?," Sept. 10) analyzed the theories of addiction and its causes.

"We have many resources," says Dr. Ruby Bayan, Medical Consultant for Alcohol Drug Care Services. "The problem is coordination of care."

ADCS is one of the few programs in Humboldt County that tries to address the multi-faceted challenges of addiction, from health issues to social support to housing insecurity. Although we have six residential and seven outpatient treatment programs, a handful of self-help groups and clean and sober housing options, navigating the requirements of each can be a challenge for both addicts and those trying to help them.

Treatment professionals often stress the importance of willingness. As the adage goes, the first step is admitting that you have a problem. But even the willing may face significant hurdles in their attempts to recover. The first? Staying clean long enough to get treatment.

It may seem counterintuitive, but most drug and alcohol programs require patients to test clean in order to remain in treatment. This means that patients must be fully detoxed and medically stable before they begin therapy. Marijuana, which can take up to 30 days to leave a person's system, is usually an exception.

But becoming medically stable enough to benefit from treatment is a challenging process. It requires going through withdrawal — experiencing the symptoms that occur when an addict stops using a drug upon which his or her body is chemically dependent. Withdrawal's symptoms are mental, emotional and physical, ranging in intensity from strong cravings to hallucinations to strokes. Hospitalization and medication are sometimes necessary. A person withdrawing from alcohol may receive benzodiazepines; an opiate addict thorazine. Northern Humboldt's lone detox facility — run through ADCS — uses social support such as groups and counseling to help users through the first week of intense craving, but relies on local hospitals to treat and medicate symptoms first.

The program is currently in the process of hiring Bayan as a medical director to supervise and prescribe medications at the nine-bed facility. Executive Director John McManus says that, although hospital staff do their best, they're not addiction professionals, and addicts are often released from care with an inadequate amount of medication, reducing



John Remen of Humboldt Recovery Center tables at a service fair near the PalCo Marsh.

their chance of success. Bayan adds that mental illness, which is a common co-occurring disorder with addiction, has traditionally been treated separately. The appointment of Bayan, who is a child and adult addiction psychiatrist, may go a long way toward creating an integrated approach. But the program is not accessible to all addicts.

The county currently subsidizes beds in the ADCS detox facility for opiate and alcohol addicts because of the medically precarious nature of withdrawal from these substances, but doesn't do the same for methamphetamine users. Methamphetamine withdrawal is protracted and often requires social support but not medication. With only nine beds total in the detox facility, McManus says the county chose to "spend those resources on people who were in jeopardy."

"Folks detoxing from meth can still come in; they should come in," he says. "The main thing they need is a safe place to sleep."

The out-of-pocket cost for a stay at detox is around $125 a day, or addicts with private insurance or sufficient resources can go to Singing Trees Rehabilitation in Southern Humboldt, which charges $3,500 for a week of detox.

Once an addict is stable, he or she can begin treatment, which usually consists of group therapy sessions, individual counseling and attending 12-step groups, such as Alcoholics Anonymous. But focusing on recovery can be difficult for those whose active addictions included compounding issues such as housing insecurity, legal troubles, mental illness and family dysfunction.

The only free residential programs in Humboldt are faith-based, relying on a "Biblical" understanding of recovery. The county subsidizes a limited number of beds in the two other residential programs, ADCS and Humboldt Recovery Center, for indigent clients, but the waiting lists are long. HRC says that clients can often wait four to five months. These programs accept patients on Supplemental Security Income (SSI). But getting SSI can also be a long process, during which the window of willingness may well close. Patients who don't qualify for SSI must pay between $1,800 and $2,200 a month for residential treatment.

Few insurance plans cover residential treatment. No local residential programs accept MediCal, although county outpatient alcohol and drug services do. Outpatient clients must find their own housing, however. There are several "clean and sober" houses throughout Humboldt, offering dormitory accommodation for anywhere from $250 to $500 a month, but few are structured to accommodate families. Relapsing — getting drunk or high — usually means getting kicked out and starting the process all over again.

Recovery from addiction is more complicated than overcoming the cravings and physical symptoms of withdrawal. It can take months, even years, for a brain whose dopamine levels have been depleted by drug abuse to reach chemical equilibrium. Dopamine is the "feel happy" chemical in the brain that

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scientists believe addiction hijacks. Most treatment programs top out at between 30 and 90 days, which many professionals feel is an insufficient amount of time to correct the physiological impact of addiction.

"By shortening the amount of time in treatment, dopamine isn't given enough time to reproduce," says Dale Ward, who coordinates alcohol and drug services at Eureka Community Health. Ward uses an opiate addict as an example. Opiate withdrawal (from heroin or prescription drugs) is notoriously difficult, with a host of physical and emotional symptoms. "If he was to go to a three- to five-day detox, then a 90-day program, he might be able to sleep at 45 days. By 60 days, he might be able to have regular bowel movements. But it's going to be awhile before he has the ability to listen."

Even if a longer treatment program is available, many patients will resist taking the necessary time to recover. Some may be mothers who want to return to their children, employees who want to get back to work, or people who just want to return to some semblance of a normal life, one that doesn't revolve around group therapy and restricted residential living. A key point that most counselors try to instill in patients is that however they choose to live their lives once they leave treatment, complete sobriety from all mind-altering substances must be prioritized.

Now a substance abuse specialist at Humboldt Recovery Center, John Remen started his career from a place of hard-won experience. Sixteen years ago he graduated from the program where he now works, after a lengthy run with alcohol and methamphetamines. Remen worked as carpenter for many years, spending most of his money on alcohol and drugs, and much time behind bars. He was 43, sleeping in his truck in a bar's parking lot off Broadway Street in Eureka when he got sober. He had 31 felony arrests on his record.

"My biggest problem is I didn't think I was OK," says Remen. His counselor at HRC was patient with him, coaching him toward a kinder view of himself.

Now a counselor himself, Remen says he knows he's the exception, not the rule.

"A lot of people don't make it. But we get to keep the doors open," he says. "I've had people come through treatment seven or eight times. Then all of a sudden you hear something come out of their mouth and you do a double take, and you know they've got it."

As with most local treatment programs, Humboldt Recovery Center requires its clients to remain abstinent from all mind-altering substances to stay in treatment. Remen confesses that he often regrets having to eject patients who have relapsed, knowing their exit may result in a return to the streets, jail or even death.

Over at ADCS, social worker Tina Garsen says she shares Remen's fears, but keeping a person who is actively using in the same program as addicts trying to get clean is "unfair, unsafe and unkind."

"It sounds harsh, but you have to protect the people who are there to stay clean," she says.

Remen says he tries to pass on to his clients what has worked for him for 16 years.

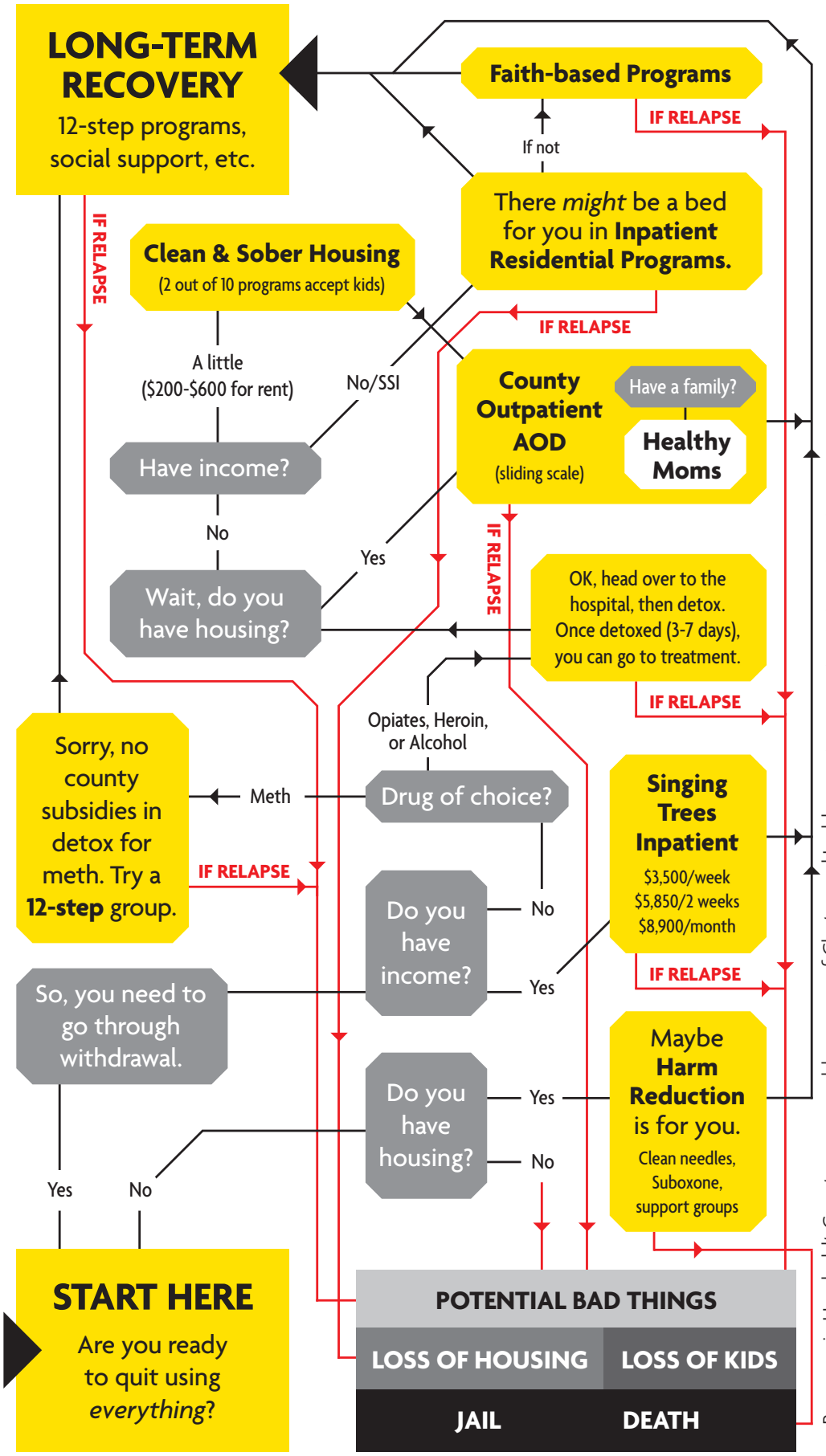
"I believe in total abstinence," he says.

"Abstinence only is unrealistic for many people," says Brandie Wilson as she crouches to pick up a cigarette butt. We are walking through Cooper Gulch Park, where Wilson and other members of the Humboldt Area Center for Harm Reduction regularly pick up trash, dispose of used needles and distribute information and safe injection supplies to heroin users who might be sleeping and shooting up in the bushes.

The concept of harm reduction has been practiced in one form or another for many years, most notably in the 1980s when activists and public health officials tried to stem the spread of AIDS by distributing clean needles to intravenous drug users. Its primary goal is to reduce the negative health effects of drug use and help addicts take steps toward a healthier lifestyle. Under harm reduction, success can take many forms: an alcoholic no longer at risk of dying from exposure, a heroin addict who enrolls in a methadone program, a methamphetamine user who switches to marijuana. But traditionally, harm reduction is not introduced as a mode of treatment, and old-school recovery advocates are often skeptical of its efficacy. Complete abstinence is easy to measure. Harm reduction is less tangible.

"It's unfortunate. Propaganda will tell an addict that [complete abstinence] is the only way to save his life," says Wilson.

Ward, who is in charge of the Suboxone program at the Open Door Clinic, agrees with Wilson to a point. Suboxone prevents the symptoms of opiate withdrawal and blocks the euphoria of use. Essentially, patients treated with Suboxone get neither high nor get low for as long as they're on it. Ward's patients take Suboxone in concordance with counseling and groups. Nationally, Suboxone has a 40 to 60 percent success rate, measured by the length users stay in the program.



Recovery in Humboldt County can resemble a game of Chutes and Ladders. North Coast Journal *graphic by Jonathan Webster*



Steve Tyson and Terrie Smith, who live behind the Bayshore Mall.

"Total abstinence is available for a select few," says Ward. "I have it. How many people get it? Not many. Building a system around abstinence only is building a system to fail."

Ward says Suboxone is a much better alternative to traditional methadone programs, which prolonged the withdrawal process of users. Like many in the field, he believes a pharmaceutical answer to addiction is right around the corner. A medication similar to Suboxone for methamphetamine users is currently in clinical trials.

> "Total abstinence is available for a select few. I have it. How many people get it? Not many. Building a system around abstinence only is building a system to fail."
>
> *— Dale Ward, Eureka Community Health*

Rates of heroin use in the United States have skyrocketed over the past decade, many believe largely in a response to the availability of prescription opiate-based painkillers. Some opiate users — who may have started on the pills as a way to manage pain after injuries — transition to heroin as a cheaper alternative once their prescriptions run out. Chief Deputy Coroner Ernie Stewart and former Public Health program manager Mike Goldsby both note a spike in heroin use and overdoses locally. Stewart says transition from pharmaceutical abuse is a common factor in overdose deaths, calling heroin use a local "epidemic."

According to the Department of Health and Human Services, there were 107.9 opioid prescriptions for every 100 residents in Humboldt County in 2014. Clients in Eureka Community Health's Suboxone program — 200 strong — range from street addicts and county employees to pregnant women and veterans. The pain they've been suppressing with the opiates, Ward says, is often more than physical. Once they stop using, their feelings come to the surface.

In the meantime, there may be many who aren't ready for treatment of any kind. That's where Wilson and her group come in. HACHR was recently awarded a grant by the Humboldt Area Foundation to help its efforts, but Wilson says she has been on the receiving end of skepticism from people who feel handing out clean needles is encouraging use.

"It doesn't matter how you feel about it," she says. "It's not a moral issue. It's a public health issue."

According to the Humboldt County Department of Health and Human Services, Humboldt's rates of Hepatitis C, a liver disease often spread by sharing needles, are far above the state average. In 2011, Humboldt ranked fifth in the state for newly reported cases of the disease, at 132.7 per 100,000 people versus the state average of 88.3. (Del Norte has the highest rate in the state, with 215 newly reported cases for every 100,000 people.) One in 26 people in Humboldt County lives with the chronic disease, as opposed to 1 in 118 statewide. Sexual contact and sharing personal items can also transmit the disease. On the day we

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Brandie Wilson (in black t-shirt) and Michelle Ellis of Humboldt Area Center for Harm Reduction prepare to pick up needles in Cooper Gulch.

visit Cooper Gulch, Wilson and her friend Michelle Ellis find no needles, but they do find a used condom sitting next to an old shoe in the bushes.

"Yay!" says Wilson, gingerly putting it in a trash bag. "I double-wash my hands when I finish these clean-ups," she adds.

Occasionally they'll find the first aid kits they distribute to users to help clean infections from injections. They consider this a mark of success.

"All we're trying to do is move the addict to the next least-harmful place," says Wilson. "We try to reframe it as, 'We're reducing your healthcare cost.' The bottom line is, these are people, and for the most part people who have undergone some pretty intense things in their lives."

Different cities and countries have experimented with harm reduction techniques that include providing safe injection sites — so users don't have to shoot up in bathrooms or public parks. Locally, several clinics and other organizations offer needle exchange services. Wilson says that one goal of her organization is to offer a safe space to hold groups that don't have an abstinence-only requirement. Many of the people Wilson hopes to reach are homeless, a population she says is uniquely vulnerable to self-medicating with alcohol and drugs.

"Sometimes living without a home requires substance abuse."

It's mid-morning and the north parking lot of the Bayshore Mall has filled with folding tables and vans. A representative of Friends of the Marsh, a homeless advocacy group, trots from table to table, introducing herself. The group recently changed the date of its free weekly meal to coincide with the service fairs that now take place on the last Friday of the month. Organized by the Eureka Police Department's homeless liaison, Pamlyn Millsap, the fair features representatives from Open Door, St. Vincent DePaul, St. Joseph Hospital and several other organizations. The goal is to connect homeless residents living in the PalCo Marsh with services, especially housing. The city has been trying for more than a year to evict the 100-plus people camping illegally in the area. Citywide, Eureka has an estimated 730 homeless people.

"I've never agreed with the statistics," says Millsap, who has been working with homeless people locally in one capacity or another since 1992. "When I was studying social work, they said 40 percent of homeless people have alcohol and drug issues. I just laughed. I think at least 90 percent have AOD issues. I'm seeing second- and third-generation people with AOD issues. It's just heartwrenching."

> "It doesn't matter how you feel about it. It's not a moral issue. It's a public health issue."
>
> *— Brandie Wilson, Humboldt Area Center for Harm Reduction*

Millsap is wearing a thick bulletproof vest with the words Homeless Liaison emblazoned across it, a concession to the dangers of her job. Not everyone believes law enforcement officers are the proper means to address homelessness, but Millsap says police do a fine job. She has seen officers pay for motel rooms for families, give people rides to services and write letters for parents in child custody battles. As we speak, several EPD officers walk into the marsh, ostensibly to tell campers about the services fair. People start to filter in, some pocketing the free granola and water, others stopping to talk to representatives, weighing their options. Two toddlers, twin boys, tag after their father as he gets them balloons at the Humboldt Recovery Center table. One little boy has scrapes all over his face. Both are covered in dirt.

"If I was living out there I'd probably be using something too," says Millsap. "Asking people to step out into a new reality is scary. They don't see housing as a success, they've had housing and they blew out of it. They're scared they're just going to lose it."

Proponents of the housing first model argue that those struggling with addiction cannot properly address it until they're safe, warm and dry. Housing insecurity often becomes a self-perpetuating cycle. Homeless people struggle to find employment because they can't keep themselves or their clothes clean. They can't use emergency shelter or sober housing because they can't meet abstinence requirements. Housing stabilizes their lives, allows them to feel safe and grounded long enough to access available resources, the theory goes. A 2009 study published in the *Journal of the American Medicine Association* found that a program in Seattle that housed chronically homeless alcoholics saved taxpayers $4 million in its first year — by reducing emergency room visits and incarceration. The program did not require sobriety, but there was a documented decrease in alcohol use and health problems related to alcoholism once clients were housed.

Currently, Eureka is working to move people into transitional housing, but the need seems to far outnumber the availability. A full analysis of available housing is due to be completed by mid-October. In the meantime, a number of methods have been proposed to address the issue of people camping in the marsh and other greenbelt areas. Some argue that the police should forcefully evict each person, while others say that would just push them into other areas of the city. Some say the city should install bathroom facilities and use the marsh as a "sanctuary camp." Affordable Homeless Housing Alternatives, a local "safe, warm and dry," initiative, is promoting a village of tiny houses, but no one has proposed a viable site. The one thing that seems certain is that, as divided as people are on what should be done, something must be done.

"The frustration is building citywide," says Eureka Police Department Chief Andy Mills. "We've been very understanding, but we've got to do something about this mess out here."

He gestures to a cluster of trees, a campsite he and two captains just visited. The officers contacted a young woman there who was "strung out on heroin and had injection sites on her neck."

"I told her, 'You have mountain bikes here and we know you didn't buy them.' This theft has to stop," says Mills. He asks Remen, tabling at the fair, if the woman is eligible for treatment. Remen explains that she would probably have to go to detox first.

As we speak, a man comes up and nudges Remen on the back of the knee. Remen turns, greeting the former client by name.

"Hey, how you doing?" says Remen with his customary gruff bark.

"I'm good man, doing good."

"You living out here?"

"Yeah, I am, you know, just doing my thing."

"Okay, well, it's good to see you."

"Good to see you too, man."

The man looks sideways at the officers as he walks away, back down the trail. Both Remen and Ward say they mourn the passing of Proposition 47, which



Steven Porter, former outreach worker, catches up with EPD Homeless Liaison Pamlyn Millsap.

> "There's so much that everyone's trying to do that it ends up just being a bureaucratic maze. There's overlapping coverage and gaps in coverage. But how do you keep people alive today? I think it comes down to the core conviction of building relationships."
>
> *— Steven Porter, former outreach worker*

reduced nonserious and nonviolent property and drug crimes from a felonies to misdemeanors. Fewer addicts are being mandated into care and, Remen says, a lengthy rap sheet can be the thing that pushes someone into recovery. It worked for him.

While police officers may be the first point of contact for many people struggling with homelessness, addiction and mental illness, their presence can alienate those who need the help most. And navigating the tangle of services and requirements can be a challenge for trained social workers, not to mention untrained cops. EPD officers talking with Remen, for example, were unaware that Humboldt Recovery Center was a residential program.

Back at the service fair, a woman expresses interest in spending the night at the Rescue Mission but can't find someone to tell her what time it opens. More former clients of Remen stop by to say hello. One, Steve Tyson, tells Remen that he's doing well, staying clean except for the weed. Tyson and his fiancé Terrie Smith have been living behind the Bayshore Mall, off and on, for almost a year. Terrie tells Remen that she, too, is staying clean, except for the weed, and will celebrate a year's sobriety this month.

The couple has no immediate plans to find housing. Smith underwent a medical procedure that left her weak, and she must make weekly visits to the doctor. They'd like to have jobs, they say. They can't go to the Rescue Mission. They have dogs, and the Rescue Mission doesn't let couples stay in the same room, anyway.

Steven Porter, who once volunteered as a street outreach worker and then worked as a case manager for the county, says housing is a "big picture issue."

"There's so much that everyone's trying to do that it ends up just being a bureaucratic maze," he says. "There's overlapping coverage and gaps in coverage. But how do you keep people alive today? I think it comes down to the core conviction of building relationships."

As an outreach worker, Porter would sometimes deliver meals to people who were completely antisocial, even violent. He remembers one man who would just sit inside his tent and scream obscenities. Porter brought food and set it outside. Eventually the man came out and talked to him. After a year or so, he actually began accessing services.

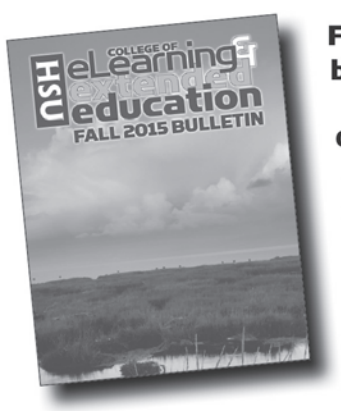
"My opinion is that in order for us to ever get to a place where we genuinely get to the issues of homelessness we have to build a bridge of trust," he says.

A recent Grand Jury report described "a lack of oversight and coordination" in regards to the issue of homeless service. If homelessness, mental illness and addiction are intimately connected, there seems to be as persistent an issue connecting people with resources as there is agreeing on which resources are best suited to addressing their needs. As Bayan at ADCS said, the "continuum of care" seems to be broken. ADCS recently received donations from St. Joseph Hospital and other organizations to revitalize its Serenity Inn, where low-income clients can stay in dormitory accommodations as they get back on their feet. It now boasts a new jungle gym, improved bathrooms and a resource room.

"We're trying to make it more family friendly," says McManus. The program is first come, first serve.

In the meantime, addiction is still stigmatized, abstinence is still the stick by which we measure success, and more than 1,000 children are growing up homeless in Humboldt County, vulnerable to becoming yet more statistics in the annals of communicable disease, overdoses or vehicular incidents. But the recovered walk among us, too, waiting for the light to come on, and for the now dying to swell their ranks. ●

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Part 6

Number of miles ridden: 7.5
Number of times feared for life: 1
Number of times stopped to admire the beauty: 2
Number of unicycles shared an intersection with: 1

Look, I've missed it, okay? And people have started asking me, "Hey, did you ride your bike today?" Guilt colors my voice every time I have to answer, "No." But I had reasons! One of which involved dental work that left my jaw increasingly sore and me curled up on my futon, groaning in pain. Not ideal biking conditions. Or anything else conditions. I also lack the mindset of a regular bicycle commuter: I make my schedule and then see if biking works, instead of scheduling commitments so that I'm able to meet them by bike.

Not being able to ride my bike drove home a couple things — most immediately that I really needed to go back to the dentist. More big-picture, the fact that I don't live life at a pace that affords much opportunity for commuting via bike. With a long daily to-do list, the time factor is a frequent deal-breaker. Perhaps I should reevaluate my lifestyle.

In the meantime, I managed to ride instead of drive to the Friday morning class I'm teaching at Humboldt State University.

The day dawned bright. I packed my pannier in record speed. I forgot nothing, not even the antibiotics for the aforementioned jaw issue. I pedaled through Manila without incident, stopped on the bridge over Mad River Slough to take some photos of godwits seeking breakfast in the shallow water and continued on, pleased to be immersed in our beautiful part of the world.

Just as I was admiring the blue snaking through the green field and the way the water reflected the cows standing alongside it, a semi-truck thundered up behind me and blew past so closely that the gust of air blew my hair forward, pulled my bike toward the truck and scared the hell out of me. This, of course, was on the chunk of highway just east of Mad River Slough, the part where the shoulder narrows to about the width of bicycle handlebars. If that truck had been a foot closer, I'd have been smeared into the poppies, brambles and rocks that line the roadside.

I wish I'd caught the business name or license plate so I could have asked the driver what it was he hated. Bicyclists in general? Blondes? The song on the radio? His own life?

Frazzled but fine, I continued onward through the bottoms and up to HSU. With a few minutes to spare, I locked up my bike, dashed into the Forestry Building locker room, swapped my bike pants and shirt for a dress, my helmet for a hair tie. Made it to class on the nose.

Do you ever experience that thing where you're not that sweaty while you're exercising but once you stop, the glands go into hyper-drive? Because that's what happened. As I turned to write notes on the whiteboard, I could feel the sweat pooling down my back. The lack of hydration kicked in — why do I always think it's a good idea to down a cup of coffee before I go get active? Making matters worse, I needed the lip balm that was buried in the bottom of my pannier. With all the sweating and lip-licking and desperate gulps of water, I am pretty sure the students assumed I was coming off a coke binge.

Class dismissed, I returned to my bike. The jaunt from HSU to my office is mostly downhill, just over a mile. Easy enough, except for the sheer magnitude of action happening on campus: drivers, bicyclists, skateboarders and pedestrians. When my brother lived in San Francisco, I once remarked how much I hated driving in that city. Too complicated, all those streets at weird angles, the overwhelming variety of traffic. "But it's great," he replied. "It's like regular laws don't apply and you have to live by your wits."

That attitude kicked right in as I made my way down and around to B Street. I looked for an opening, dodged around people, focused on getting through. It worked. The only other encounter of note: the unicyclist flying down G Street, waving his way through the intersection at 11th Street with nary a blink. ●



Homemade kraut 10 days in.
Photo by Heather Jo Flores.

Sauerkraut

The gateway to home ferments

By Heather Jo Flores
tabletalk@northcoastjournal.com

Some of our favorite foods are fermented, such as beer, wine, bread, cheese, pickles, salami, yogurt, tempeh, vinegar, kombucha, kimchi and many more. And whether you are a devoted foodie with a well-stocked fermentation station on your kitchen counter or just somebody who loves a Reuben sandwich, one of the simplest and most satisfying fermented foods to make at home is good, old-fashioned sauerkraut.

If you've never experimented with home ferments, sauerkraut could be the gateway. It is easy to make, hard to mess up, and once you've got the hang of how to make a good kraut, you'll be set up with the tools to branch out into more complex recipes like kimchi and kefir. Myself, I prefer kraut to all the rest. I learned this recipe during a hands-on workshops with fermentation guru Sandor Ellix Katz, author of *The Art of Fermentation* and *The Revolution Will Not Be Microwaved*. For a labyrinth of delightful fermentation recipes, visit his website www.wildfermentation.com.

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Continued on page 23 »

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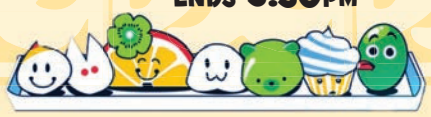
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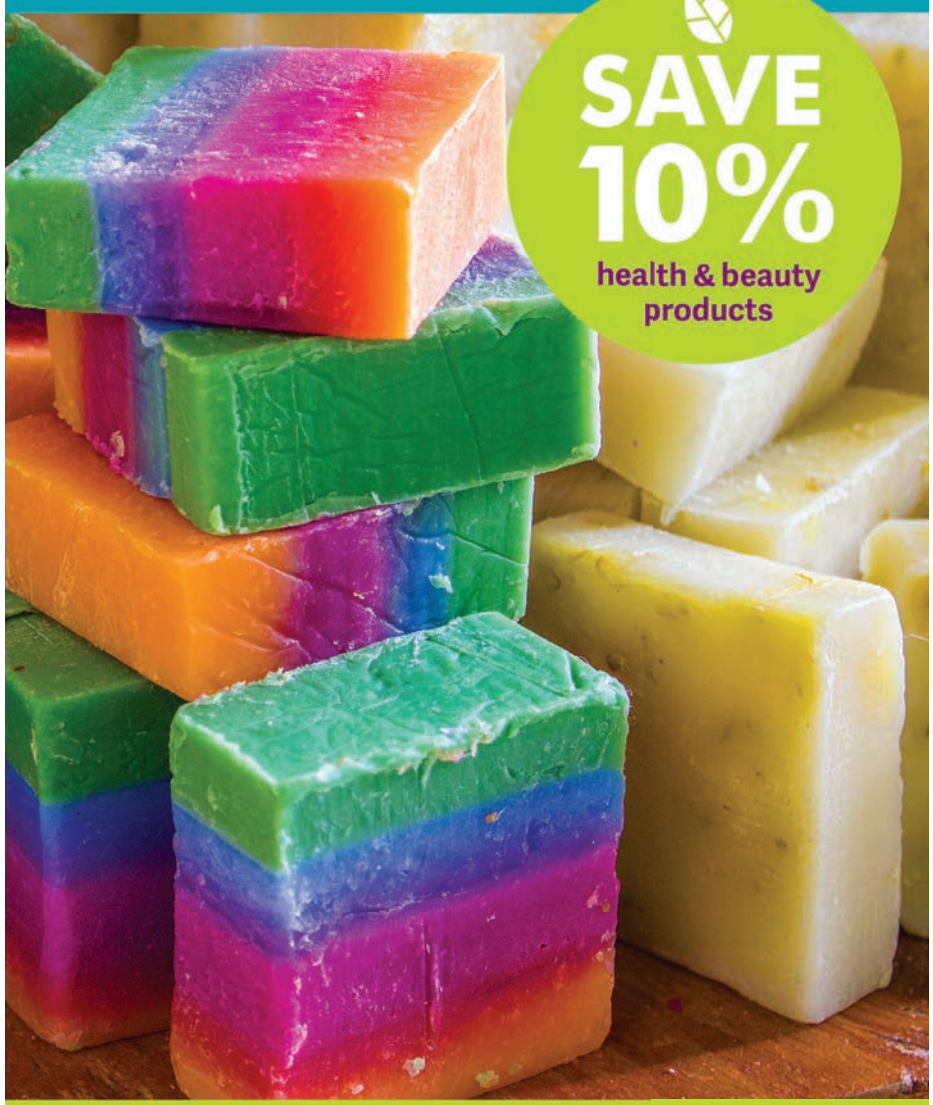


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Continued from page 21

Large stainless steel bowl
Sharp kitchen knife, not serrated
Large cutting board
A ½ gallon Mason jar, wide-mouthed
A smaller glass jar, narrow enough to fit easily into the mouth of the larger jar
A sanded and boiled 2-inch-wide, 10-inch-long wooden dowel or a clean, empty Tabasco bottle with the label removed
A clean, lightweight cotton cloth, such as a dish towel or pillowcase.

Ingredients and method:
1 large head of green cabbage
1 medium head of red cabbage
3 tablespoons non-iodized natural sea salt
(Optional ingredients could include juniper berries, radishes, daikon, carrots, garlic, horseradish, bok choy, onion, goji berries, currants, hot peppers or any range of small fruits, seeds and veggies, but I recommend starting with just a simple kraut of only cabbage and salt and then experimenting with other ingredients later on down the line.)

Wash the cabbage, remove the largest outer leaves and set it aside. Slice the cabbages in half and carve out the small, hard core. Some people include this in the kraut, but I find it doesn't ferment as well as the rest.

Taking your time, slice up the cabbage into very thin strips. Mix both colors into the large bowl, adding a dash of salt to each handful of cabbage.

When all of the cabbage is in the bowl, sprinkle the remainder of the salt over the top. Squeeze and rub the cabbage with your hands, using your thumbs to work the salt into the leaves. Keep doing this until the cabbage feels wet and slippery, and the colors darken. This is the "cabbage massage" — the most important part of the kraut-making process.

DO NOT add water, vinegar, or any other liquid. This will cause your kraut to mold. Use only vegetables and salt.

Pack the cabbage into the large Mason jar, using the wooden dowel (or Tabasco bottle) to smash down each layer. If you have been thorough with your cabbage massage, a foamy liquid will start to form around the leaves as you pack them into the jar. Keep smashing and packing until all of the cabbage is rammed into the jar. Leave an inch or two of space at the top.

Rub salt on both sides of a few of the large cabbage leaves set aside at the beginning and place them over the top of the packed cabbage to create a leaf-lid that sits just under the top of the liquid level.

Now fill the smaller jar with water and seal it with a tight lid. Place this jar inside the mouth of the larger kraut jar to weigh the large leaves down on top of the kraut.

Wash and dry the steel bowl and place it under the jars to catch any liquid that overflows during the fermentation process. If you have ants, put a little water in the bottom of the bowl to trap them before they can crawl up into your kraut.

Drape your cotton cloth over the whole contraption to keep out bugs but allow in the happy ambient yeasts and bacteria that will help your kraut thrive. Keep it in a cool, dark place. Warm temperatures speed up the fermentation process, cold weather slows it down and super-hot weather could kill it.

Once or twice a day, uncover the kraut and remove the smaller jar and large lid-leaves. Smash the cabbage down. Smash, smash, smash! Wipe away any overflow liquid, replace the lid-leaves and smaller jar, and re-cover.

After about 5 days, begin tasting the kraut. My preferred flavor usually happens around 7 to 10 days. Longer fermentation time will usually yield stronger flavor and softer kraut. Shorter time means lighter flavor and crunchier kraut. But if you let it go too long, it will get mushy and not so yummy. When it gets to the place where you love it, cap the large jar with a snug lid and refrigerate it.

If a murky film or fuzzy mold forms on the top or sides of your jars, don't worry. Just wipe it away with a clean cloth or carefully remove it with a spoon. If the kraut seems too dry, smash it more and perhaps add a pinch more salt.

That's it! My favorite way to eat it? Try mixing 1 part fresh kraut, 1 part chopped avocado and 1 part grated beets. Scoop this mixture into a boat of Romaine lettuce for a delectable, rainbow-colored, crunchy raw food snack. ●

Heather Jo Flores is the author of Food Not Lawns, How to Turn Your Yard into a Garden and Your Neighborhood into a Community. *She lives in Whitethorn.*

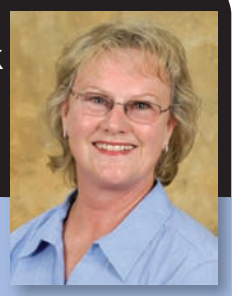








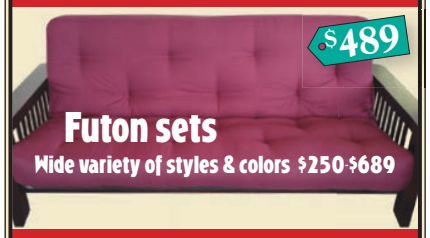
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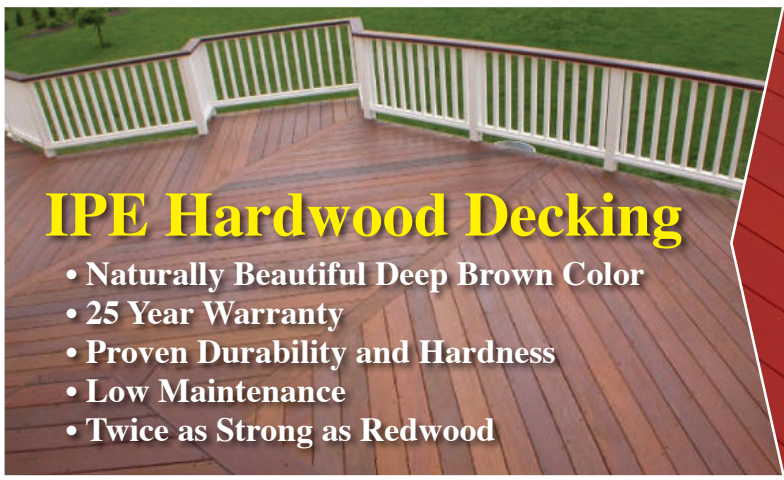


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Keeping the Story Straight

Rumors fly at NCRT

By Pat Bitton
frontrow@northcoastjournal.com



Alyssa Navarrate, Caroline McFarland and James Wright in *Rumors*.
Courtesy of North Coast Repertory Theatre.

When Sir Walter Scott wrote, "Oh, what a tangled web we weave," he was no doubt thinking more military than marital battlefields, but Neil Simon's *Rumors*, written almost two centuries later in 1988, is still as relevant today in reminding us that, when we first practice to deceive, we still need to be able to keep the story straight.

Rumors is set in the upscale suburban home of Charlie Brock, deputy mayor of New York City, and his wife, Myra, on the occasion of the couple's 10th wedding anniversary. A woman is pacing the living room, muttering to herself and actively avoiding a dip into the cigarette box on the coffee table. Something is not right. Her husband appears on the landing and we learn that they are not hosts but guests; the host has shot himself through one ear lobe. Cue the rumors: Why did Charlie try to kill himself, where is his wife and what has happened to the vanished kitchen staff?

Ken and Chris, the first guests, are lawyers whose first instinct is to concoct a cover story in case a concerned neighbor calls the police. Over the course of the next hour, as the other three couples arrive, the cover stories and associated rumors get ever-more convoluted. To add to the chaos and confusion, Lennie (Charlie's accountant) and his wife Claire have been in a car accident and Lennie has a whiplash. Ernie, an analyst (how very 1980s New York!), has forgotten he's supposed to be leading a group phone therapy session, and his wife Cookie has put her back out. Finally, would-be state senator Glenn and his wife Cassie arrive in the midst of an apparently never-ending argument about mutual respect (and possible infidelity).

At the end of Act I, everything comes to an explosive head (with associated deafness), setting the scene for less joke-a-minute delivery but in many ways more entertaining comedy in Act II. Cue exasperated police officers, more cover stories and phone calls from a mystery woman. As the evening winds down, the still-unseen Charlie announces over the intercom that he's ready to tell the truth. But is he? And who — or what — might stop him?

While *Rumors* is far from Simon's best writing, director Gene Cole moves the play along at a cracking pace and the cast for the most part does a fine job keeping up. Amanda Slinkard impresses in her NCRT debut as the progressively tipsier Chris working her way through a bottle of vodka. Matt Cole (Ken) gets the most laughs as he struggles to converse through temporary deafness while wearing a fetching pale blue towel turban. As Lennie and Claire, Arnold Waddell and Shelley Stewart, both familiar NCRT players, are dressed as a matching pair (he in black suit with a red tie, she in a red dress with black accessories), and the two play well off each other, easily overcoming a few flubbed lines.

Toodie Boll is entertaining as Cookie, but a busy acting year has put her in danger of being recognized more as herself than as the character she's playing. John Veit (Ernie) has yet to settle into his role and the overly obvious addition of a pipe hardly helps; it will be interesting to see how his performance evolves as the run continues. Caroline McFarland shows great comedic timing as the crystal-obsessed Cassie, but Saúl Tellez (Glenn) appears more of a would-be gangster than a would-be politician. Rounding out the cast are James Wright and Alyssa Navarrete as the convincingly long-suffering police officers who eventually give up trying to tell fact from fiction and do their best to leave before the truth finally comes out.

Liz Uhazy's set seems a little below the standards of decor one might expect a home that employs cooking staff, with a coat tree in the living room and the guests eating dinner while perched on mismatched loveseats, but the mezzanine space in back effectively conveys the idea a second story without actually building one.

Rumors is more about the chaos that comes from excessively creative storytelling than the actual rumors, which function mostly as a device to link otherwise disconnected — and absent — characters. The play was Simon's first attempt at a farce and, truth be told, it's more extended sitcom than classic farce. But friendship is an enduring theme in his work and, at the end of the day, *Rumors* is about the lengths Charlie's friends will go to in order to protect him. Niceties of definition aside, it's an entertaining piece that remains relevant today in its almost perfect illustration of how quickly pandemonium can take over after an innocent cover-up is begun.

Rumors plays at 8 p.m. Fridays and Saturdays through Oct. 10 and on Thursday, Oct. 8, with Sunday matinees at 2 p.m. on Sept. 27 and Oct. 4. For tickets and information call 442-6278 or visit www.ncrt.net.

Upcoming:

Boeing Boeing opens **Thursday, Oct. 8** at **Ferndale Repertory Theatre** and runs through **Oct. 25** with the comic trials and tribulations of a 1960s playboy pilot juggling three flight attendant girlfriends. For more information, call 786-5483 or go to www.ferndalerep.org. ●



Live Entertainment Grid

Music & More

ARCATA & NORTH

Eureka and South on next page

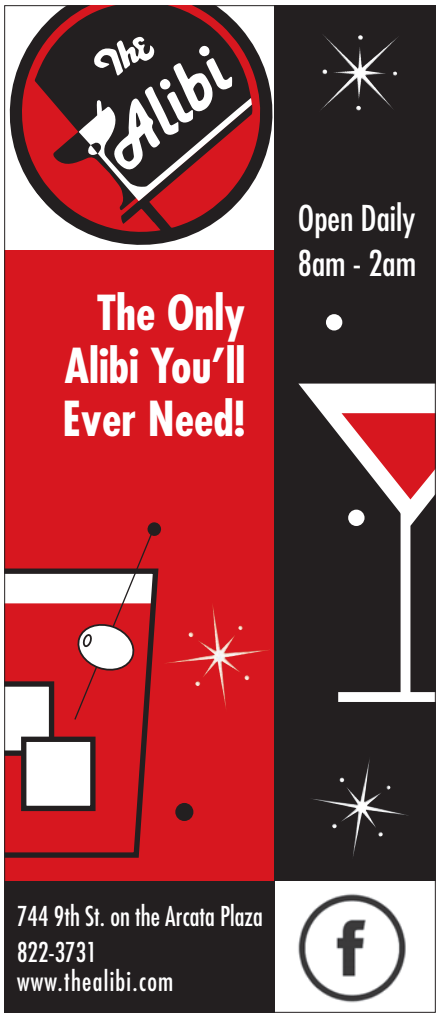
Arcata • Blue Lake •McKinleyville • Trinidad • Willow Creek

VENUE	THUR 9/24	FRI 9/25	SAT 9/26	SUN 9/27	M-T-W 9/28-30
ARCATA PLAYHOUSE 1251 Ninth St., 822-1575	Johnny Gandelsman (violinist) 8pm $15, $13				[M] Buffalo Field Campaign 2015 Roadshow (stories and music) 6pm $5-$50 sliding [T] Gonzalo Bergara Quartet (Gypsy jazz) 8pm $14, $13
ARCATA THEATRE LOUNGE 1036 G St., 822-1220		*Demolition Man* (film) 8pm $5	Random Acts Of Comedy 8pm $6	*Big Hero 6* (film) 6pm $5, All Ages	[M] Monday Night Football (Chiefs at Packers) 5:30pm Free w/$5 food/bev, All Ages [W] Sci-Fi Night ft. *Prisoners of The Lost Universe* 7:30pm Free w/$5 food/bev, All Ages
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free			Jazz Night 7pm Free	[M] Quiz Night 7pm Free [T] Human Expression Night 7pm Free [W] Local Music Showcase 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Karaoke w/KJ Leonard 8pm Free	The GetDown (funk) 9pm Free	Eyes Anonymous ('80s hits) 9pm Free	Karaoke w/KJ Leonard 8pm Free	
CAFE MOKKA 822-2228 495 J St., Arcata		Good Company (Celtic) 8pm Free			
CENTRAL STATION 839-2015 1631 Central Ave., McKinleyville	Open Mic w/Jimi Jeff 8pm Free	Karaoke w/Rock Star 9pm Free	BluEnglish (classic rock, R&B) 9pm Free		
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		John Anderson-8pm SOLD OUT Firewater: Doug Fir & the 2x4s (classic rock) 9pm Free	Firewater: Pressure Anya (DJ music) 9pm Free	Karaoke w/Chris Clay 8pm Free	[T] Karaoke w/Chris Clay 8pm Free
CLAM BEACH INN 839-0545 4611 Central Ave., McKinleyville		Kindred Spirits (bluegrass) 10pm Free			
CRUSH 825-0390 1101 H St., Arcata			Jim & John (accoustic) 6pm Free		
FIELDBROOK FAMILY MARKET 4636 Fieldbrook Road, 839-0521		Cadillac Ranch (country) 7:30pm Free	Tommy Tompkins, One Fell Swoop 6pm Free		
HUMBOLDT BREWS 826-2739 856 10th St., Arcata	Peace Pedalers (cycling multimedia presentation) 8pm Free	Brother Ali (hip-hop) 9:30pm $20-$25	Stu Allen & Mars Hotel 9:30pm $15		
HUMBOLDT MACHINE WORKS 937 10th St., Arcata, 826-WINE	Roots & Culture Reggae 9pm Free				[W] Salsa! (lessons, dance) 9pm $5
HUMBOLDT STATE UNIVERSITY 1 Harpst St., Arcata 826-3928		Van Duzer: Parsons Dance Company 8pm $46, $36, $10			[M] Van Duzer: Dark Star Orchestra (Grateful Dead experience) 8pm $36, $15
THE JAM 822-4766 915 H St., Arcata		Club Triangle (queer dance party) 9:30pm $5	Money (Pink Floyd cover band) 10pm $10	DGS Sundaze (EDM DJs) 9pm $5	[M] The GetDown (funk) 9pm TBA [T] Jackson Emmer Trio (roots, Americana) 9pm TBA [W] The Whomp (DJs) 9pm $5



VENUE	THUR 9/24	FRI 9/25	SAT 9/26	SUN 9/27	M-T-W 9/28-30
LARRUPIN 822-4766 1658 Patricks Point Drive, Trinidad		Blue Lotus Jazz 6pm Free		Dogbone (feral jazz) 6pm Free	[W] Aber Miller (jazz) 6pm Free
LIBATION 825-7596 761 Eighth St., Arcata	Claire Bent (jazz) 7pm Free	Susie Laraine and Friends (jazz) 7pm Free	Blue Lotus Jazz (jazz) 7pm Free		[T] Buddy Reed (blues) 7pm Free
LIGHTHOUSE GRILL 677-0077 355 Main St., Trinidad				JD Jeffries (originals, mixed classicsl) 5pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake		Compost Mountain Boys (bluegrass) 9pm Free	The Undercovers (covers) 9pm Free	Potluck (food) 6pm Free	[W] Turtle Races 8pm Free
MAD RIVER BREWING CO. 668-5680 101 Taylor Way, Blue Lake	Fred & Jr. (swing jazz) 6pm Free	Redwood Ramblers (classic country covers) 6pm Free	Honky Tonk Detours (rock n' tonk) 6pm Free	Show and Shine Noon-3pm Free	[T] Blue Lotus Jazz (jazz) 6pm Free [W] RLA Trio (jazz) 6pm Free
NORTHTOWN COFFEE 633-6187 1603 G St., Arcata	Trivia Night 7pm Free	Open Mic w/Jeremy Bursich 7pm Free			
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rudelion 8pm $5
RAMPART SKATEPARK 826-0675 700 South G St., Arcata			Skate Fest Fundraiser w/Lord Ellis, Peace Killer, Imperial Destructo 4pm Free (donations accepted)		
REDWOOD CURTAIN BREW 550 SG St. #6, Arcata 826-7222	Sax Quartet 8pm Free		Fall Fever Bierfest w/RLA & Paula Jones 5pm Free, Motherlode 8pm Free		[M] Open Bluegrass Jam 6pm Free
RICHARDS' GOAT TAVERN/MINIPLEX 630-5000 401 I St., Arcata	Miniplex: *She's Beautiful When She's Angry* (film) 7:30pm $8		Miniplex: *When Marnie Was There* (film) 4pm, $6.50, *Manglehorn (film) 6:30pm $8* Thanksgiving Brown Benefit Party w/DJ Red, Matt Jackson, MRxMCKINLAU 10pm Donation	Miniplex: *When Marnie Was There* (film) 4pm, $6.50, *Manglehorn (film) 7:30pm $8, Queer Vibez Party w/ Space Biscuit (live), DJ Red, Pandemonium Jones 9:30pm $5*	[M] Miniplex: *Manglehorn (film) 7:30pm $8* [T] Bomba Sonido w/DJ Panchanguero 8pm Free [W] *Charlie's Country* (film) 7:30pm $8
THE SANCTUARY 822-0898 1301 J St., Arcata	Roselit Bone and Moon Pine (classic country twang) 8pm $5-$20 sliding				[W] Max's Midnight Kitchen (sting band) 8pm $5-$20 sliding
SIDELINES 822-0919 732 Ninth St., Arcata	Rudelion Sound (DJ) 10pm TBA	DJ Music 10pm TBA	Sidelines Saturdays w/Rudelion 10pm TBA		
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville	U.S.G.G.O. (funky jazz) 9pm Free	The Dubadubs (reggae) 9pm Free	The Movers and the Shakers (rock, R&B, funk) 9pm Free	Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free
SUSHI SPOT 839-1222 1552 City Center Road, McK.					[M] Anemones of the State (jazz) 5pm Free
TOBY & JACKS 822-4198 764 Ninth St., Arcata		Hip-hop DJs 9pm Free	DJ Music 10pm Free		[T] Bomba Sonidio (DJ music) 10pm Free [W] Reggae Wednesdayz w/ Rudelion 10pm Free















Live Entertainment Grid

Music & More

EUREKA & SOUTH

Arcata and North on previous page

Eureka • Fernbridge • Ferndale • Fortuna • Garberville • Loleta • Redway

VENUE	THUR 9/24	FRI 9/25	SAT 9/26	SUN 9/27	M-T-W 9/28-30
BAR-FLY PUB 443-3770 91 Commercial St., Eureka		Bar-Fly Karaoke 9pm Free	DJ Saturdays 10pm Free		[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO 733-9644 11 Bear Paws Way, Loleta	Karaoke w/Chris Clay 8pm Free	The Undercovers (covers) 9pm Free	Lightning Boom Productions (DJ music) 9pm Free		
BENBOW INN 923-2124 445 Lake Benbow Drive, Benbow	Paco Martin and Friends (Latin music) 6:30pm Free	Paco Martin and Friends (Latin music) 6:30pm Free			[W] Paco Martin and Friends (Latin music) 6:30pm Free
CALICO'S CAFE 923-2253 808 Redwood Drive, Garberville			Frisky Brisket (violin, guitar) 7pm Free	Jen Tal and The HuZBand (acoustic duo) 6:30pm Free	
CECIL'S BISTRO 923-7007 773 Redwood Drive, Garberville		Jazz Quartet w/Joani Rose 7:30pm Free			
CHAPALA CAFÉ 443-9514 201 Second St., Eureka		The Tumbleweeds (cowboy) 6pm Free	The Tumbleweeds (cowboy) 6pm Free		
CURLEY'S FULL CIRCLE 460 Main St., Ferndale 786-9696					[W] Open Mic Night 7pm Free
EMPIRE LOUNGE 798-6498 415 Fifth St., Eureka					[W] Karaoke at the Cantina 6pm $2 All Ages
EUREKA INN PALM LOUNGE 518 Seventh St. 497-6093	Brian Post & Friends (jazz) TBA Free, Salsa Night 9pm Free	Hot Salsa Dancing w/DJ Pablo King 9pm Free			[T] Anna Banana! (blues comedy) 8pm Free [W] Comedy Open Mikey 9pm Free
EUREKA THEATER 612 F St. 442-2970		*The Adventures of Priscilla, Queen of the Desert* (film) 7pm $5			
FERNBRIDGE MARKET RIDGETOP CAFE 786-3900 623 Fernbridge Dr., Fortuna,					[M] Open Mic 5:30pm Free
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish) 6pm Free	Pappa Paul (folk) 6pm Free			
LIL' RED LION 444-1344 1506 Fifth St., Eureka			Karaoke w/DJ Will 9pm Free	Karaoke w/DJ Will 8pm Free	[T] Pool Tournament 7pm $5



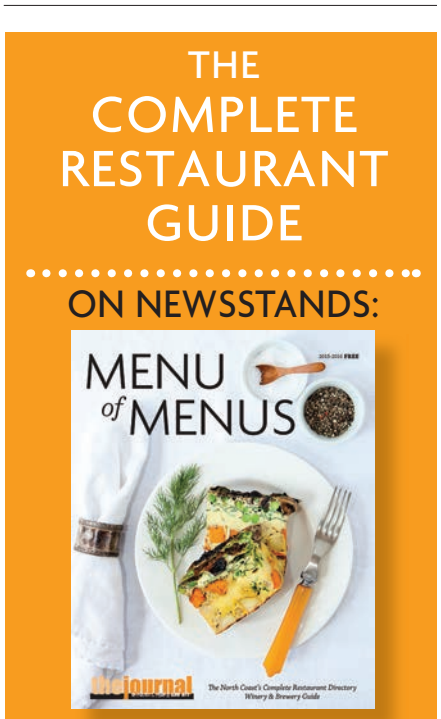




Roselit Bone,
Thursday,
Sept. 24
8 p.m.
at The Sanctuary,
tickets $5-$20

VENUE	THUR 9/24	FRI 9/25	SAT 9/26	SUN 9/27	M-T-W 9/28-30
MATEEL COMMUNITY CENTER 923-3368 59 Rusk Ln., Redway			Humboldt Hoedown w/The Brothers Comatose, Kindred Spirits, April Moore & Ranch Party noon-midnight $20		
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600				Hillbilly Gospel Jam 2pm-4pm Free	[W] Open Mic w/Mike Anderson 7pm Free
PEARL LOUNGE 444-2017 507 Second St., Eureka	Gabe Pressure Dirty Thursdays (DJ music) 9pm Free	D'Vinity (DJ music) 10pm Free	Itchie Fingaz (DJ music) 10pm Free		
PERSIMMONS GALLERY 923-2748 1055 Redway Drive, Redway	The Hip Joint (soul, funk) 7:30pm Free	Hot October (Americana, bluegrass) 7:30pm Free			[W] Open Mic w/Anna Hamilton 7:30pm Free
SHAMUS T BONES 407-3550 191 Truesdale St., Eureka		Friday Night Vibes (DJ music) 10pm Free			
SHOOTERS OFF BROADWAY 442-4131 1407 Albee St., Eureka		Small Town Throwdown (country & rock night) 9pm Free		Karaoke IDOL 9pm Free	
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778	Vinyl Tap (listening party) 8pm TBA	Phantom Wave presents: The Haunt 9pm TBA			[M] The Monster Women, Greta Jane & stand up comedy w/Sarah Adams 8pm TBA [T] Signals: Goth Karaoke Night 9pm Free
THE SPEAKEASY 444-2244 411 Opera Alley, Eureka		The Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues) 10pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and USGGO (jazz) 7pm Free













Johnny Gandelsman plays Bach at the Arcata Playhouse on Thursday, Sept 17 at 8 p.m. Tickets are $15.
Photo courtesy of artist

You Never Give Me Your Money

How Listening Makes the World Go 'round

By Andy Powell
thesetlist@northcoastjournal.com

Sometime this past week I was chatting with some of my musician friends. Not surprisingly, we discussed many topics of grave importance. Which album by which artist was their best; how this or that band really went downhill after they brought that new guitarist on board; and that if bands want to land local outdoor festival type gigs they'd better keep away from sad songs, stick with major keys and smile a bunch. As I said, very important stuff. Then, as it always does, the topic of money came up. Not so much about how there isn't any for local musicians, but how local musicians tend to not ask for much. Certain genres pay a bit more, occasionally. Got someone in your band who can pick a banjo all quick like? Money. Got someone in your band who can pull off a good patois? More money. But by and large, Humboldt's got some talented musicians who don't ask for much. Is that fact based on some sort of informal market analytics? It is entirely possible.

Concert-goers themselves generally don't have a lot of money to spare. Even though they were smart enough not to spend their student aid on a Gibson Les Paul or Ampeg stack, it's not like they're rolling in the bread either. They're kind enough to shell out for a cover charge, but they want enough leftover to buy a beer or two. Charge too much at the door and your future fans will shy away because they can't get sufficiently tossed to enjoy your music. Charge too little and folks may think your band can't be that good if you're only asking $1 to get in. And if they take the bait, and then get extra drunk at the show — with all that money you didn't take from them — they might forget in the morning the name of that awesome band they break-danced to the night before.

You also have to know your crowd. Playing the Van Duzer? Ask for anything under $35 and folks will think it's part of a lecture series. Playing the Alibi? Ask for anything over $5 and folks will think you're pretentious and deserve a Pabst can in the face. The reason I bring this all up — I think — is that a lot of Humboldt musicians don't want a lot of your money. Just a little bit. They really just want you to listen. Some bands up here have been playing for decades and they're still jamming for a $5 cover. Trust me, it's not the money that keeps 'em playing. Neil Young once sang of sailors and sirens on the shore "singin' songs for pimps with tailors who charge 10 dollars at the door." Now I doubt Neil would agree, but I have to wonder if local musicians aren't both pimp and whore who in the meantime, are also working the door. Thank them next time for not charging more.

Thursday

You can catch locals **Moonpine** joined again by out-of-towners **Roselit Bone** at the Sanctuary in Arcata at 8 p.m. They're only asking $5 to get in, but the Sanctuary likes to roll with a sliding scale up to $20. Go figure.

Want to convince your date that you read books and are a man or woman of the world? Check out **Johnny Gandelsman** playing some Bach at the Arcata Playhouse at 8 p.m. $15 for the "complete sonatas and partitas for violin solo."

And Six Rivers Brewery hosts a not-so-secret performance of the **Ultra Secret Good Guy Organization** for free at 9 p.m.

Friday

If you're looking for a show tonight with someone who has been on shows with Conan and Fallon and who has "been the subject of Al-Jazeera and NPR pieces and was a keynote speaker at this year's Nobel Peace Prize Forum" then **Brother Ali** will be your guy. A hip-hop artist who sings about more than how cool he is, this brother of someone's keeps it socioeconomic and aims for truth and justice. Sound good? Humboldt Brews at 9:30 p.m for $20.

If "Cali Reggae" and "free" is more your jam, then head to the top of the hill for **the Dubadubs** at Six Rivers Brewery at 9 p.m.

Saturday

A lot of music that you'd expect at a Hoedown will be at the Mateel today starting at noon for the 11th annual Humboldt Hills Hoedown. For a full lineup head over to www.mateel.org.

For non-Hoedown music, **The Honky Tonk Detours** will play some of that tonk and alt-country. You'll find this hybrid of the Delta Nationals and Cadillac Ranch for free at the Mad River Tap Room at 6 p.m.

Stickin' around Blue Lake? **Eyes Anonymous** are playing for free at the Blue Lake Casino and Hotel at 9 p.m.

Don't like free but love Pink Floyd? **Money** will be recreating some of Floyd's classics and all of DSOTM (got that?) for you at the Jambalaya at 9:30 p.m. for $10. (Full disclosure: ¾ of that band are above shameless self-promotion.)

More into the Dead? Humboldt Brews tonight has **Stu Allen & Mars Hotel**. Stu's played with Melvin Seals and Bob Weir. Not bad. And if Melvin says this guy sounds eerily like Jerry, then you know it'll be good. 9:30 p.m. and $15 for this one.

Monday

Want something that goes full Dead? You most likely already know about **Dark Star Orchestra**, then. DSO goes a bit beyond the normal tribute act. They can play the songs and ride the jams for sure, but to make it a bit more interesting (and challenging) they recreate full setlists from the Dead's years touring. You'll be treated to a special acoustic show at HSU's Van Duzer Theater for $36 ($15 for students).

Full show listings in the *Journal*'s Music and More grid, the Eight Days a Week calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com. ●

Andy Powell is a congenital music lover and hosts The Night Show on KWPT 100.3 FM weeknights at 6 p.m. while occasionally filling in on the Morning Show at 6 a.m. as punishment.

Calendar September 24 - October 1, 2015



Summer may have wound down but you can still ramp up some fun at Humboldt Skatepark Collective's **Skate Fest Fundraiser** on **Saturday, Sept. 26** from **4 to 10 p.m.** at **RampArt Skatepark** (donation). This all-ages event offers skateboarding while tarp surfing (it's a thing), live music, artwork, a raffle, food, refreshments and more all while checking out the super cool setup at RampArt.



With all this natural beauty, it's plein to see why so many artists flock to the North Coast. This week, artists gather in **Shelter Cove** to lay their impressions down at **Plein Air at the Lost Coast, Sept. 30 through Oct. 4** with painting and quick-draw competitions. Get in on helicopter rides and a barbecue on Saturday, Oct. 3 and browse work for sale all weekend.



Haven't seen the adorb, bushy-tailed additions to the zoo yet? Well, you're in luck. The **Sequoia Park Zoo** invites you to celebrate **International Red Panda Day** and get up close and personal with the cat-sized cuties with free admission to the zoo this **Sunday, Sept. 27** from **10 a.m. to 5 p.m.** You'll even get a chance to add Red Panda Ranger to your résumé. Rowr.



Submitted

Class by the Glass

The beautiful Fieldbrook Winery (so we're a little biased) is the setting for Fieldbrook School's largest annual fundraiser, the **Fieldbrook Art and Wine Festival** on **Sept. 26** from **11 a.m. to 4 p.m.** (free admission, no pets, please). With the late September weather as gorgeous as it can be in Humboldt, and picturesque Fieldbrook Valley bathing everything in its lovely sunlight, it's a pretty perfect afternoon of art, wine, food and music. This year's event features **barbecued oysters, albacore, chicken** and **homemade desserts**, as well as **vino** from Fieldbrook Winery and **Steelhead Pale Ale** on tap from Mad River Brewery. Festival goers can wander the grounds, sip and peruse the local **fine arts and crafts booths** and check out all the swag up for grabs in the **raffles** and a **silent auction**. Lively music by the **Spindrifters** and others provides the perfect background for a bit of **bocce ball**.

The cash raised in previous years has gone toward art and language programs, helped purchase new computers for classrooms and established a scholarship fund. And all you have to do is show up and start enjoying the finer things.

— Kali Cozyris



Submitted

The Wurst of Times

Shake out your lederhosen, dust off your dirndle and get to Fortuna this weekend for **Oktoberfest** on **Saturday, Sept. 26** at **Rohner Park** from **11 a.m. to 3:30 p.m.** (free admission, $20 dinner, $5 beer, $5 dinner for kids 12 and under). The fundraiser for Fortuna Senior Services features a **traditional German-style dinner** where *damen und herren* can feast on **brats, sweet and sour red cabbage, German-style potatoes, apple strudel** and **German and local beer**. And the little schnitzels can enjoy kiddie food as well — hot dogs and mac and cheese. There's plenty of Old World merry-making, drinking and dancing. Fill up the steins and dance in lines — maybe even get your chicken dance on. (Ever wonder where that silly tradition originated? You got it. After plentiful drinking at an Oktoberfest.) The good times keep rolling with **beer barrel and stein races, polka dancing** and **"oompah" music** by the **Scotia Band** and **Humboldt Accordionaires.**

— Kali Cozyris



Submitted

Fuggeddabocce!

These days you can't throw a bocce ball without hitting, well, a bocce ball. Might as well join 'em. Have a ball this **Sunday, Sept. 27** from **10 a.m. to 3 p.m.** at the **Sons of Italy Italian Festival** at **Redwood Fields Bocce Court** in Cutten (free admission). This family friendly festa features a **bocce ball tournament**, **raffle** and **live music** by the Golden State Accordion Club's **Humboldt Accordionaires** (they're everywhere this weekend). Enjoy tasty **bocce dogs** (Italian sausage, grilled onions and peppers on a French roll), **hot dogs, drinks, desserts** and camaraderie while learning about Italian culture and tradition. The bocce tournament is open to all ages and experience levels. Sign up your team and battle "Bocced Fossils," "Bocce Bambinos," "Barely Bocce," "Pastaluego" and others for bragging rights. Proceeds from the event go to the Pinochi and Stagnoli scholarship funds. Have fun and help the community in true *stile Italiano*.

Maybe you like a little beer with your bocce? After all, whose accuracy isn't better after a few drinks? Sponsored by Ferndale Kiwanis, Lost Coast Brewery and Ferndale Bocce Court, check out the **Lost Coast Beer & Bocce Tournament** on **Sept. 26** from **9 a.m. to 4 p.m.** at **Ferndale Firemen's Park** ($25/person, $100/team or free to watch). It's is a great way to show off your skills (both beer and bocce). Shoot single, form a four-person team, or just sit back and watch while you listen to live music from the **Sanderson Band, the Lowell Daniels Band** and **the Humboldt Highlanders Pipe Band.**

— Kali Cozyris

Continued from previous page

24 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. $5. 442-0309.

LECTURE

Oil and Gas Development. 5:30-7 p.m. Gist Hall 218, Humboldt State University, Arcata. HSU's Sustainable Futures Speaker Series presents a lecture by Seth Shonkoff. Free. serc@humboldt.edu. www.schatzlab.org. 826-4345.

MOVIES

She's Beautiful When She's Angry. 7:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. A documentary about the birth of the women's liberation movement in the 1960s. Proceeds go to Planned Parenthood. $8. www.richardsgoat.com.

MUSIC

Johnny Gandelsman. 8 p.m. Arcata Playhouse, 1251 Ninth St. Russian violinist playing Bach's complete sonatas and partitas for solo violin. $15, $13. 822-1575.

Roselit Bone and Moon Pine. 8-11 p.m. The Sanctuary, 1301 J St., Arcata. Classic country twang. $5-$20 sliding scale. thesanctuary.arcata@gmail.com. roselitbone.bandcamp.com. 822-0898.

EVENTS

Community Board Game Night. 6-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. oss1ncrp@northcoast.com. www.baysidegrange.org. 444-2288.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. Stories, crafts, songs and dance for children ages 3-5. Call ahead. $5, $3 members. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

FOOD

Cooking with Commodities and Seasonal Produce. 12-1 p.m. North Coast Co-op, Eureka, 25 Fourth St. Participants will sample and learn how to prepare healthy, low-cost meals using food pantry items. Free. cculps@foodforpeople.org. www.foodforpeople.org. 445-3166 x 305.

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson near F Street, Eureka. Fresh local produce, straight from the farmer. Music by Rick Park. www.humfarm.org. 441-9999.

McKinleyville Farmers' Market. 3:30-6:30 p.m. McKinleyville Safeway Shopping Plaza, Central Avenue. Locally grown fruits, vegetables, plants, meats and other wonderful products.

GARDEN

American Rhododendron Society. 7 p.m. Eureka Women's Club, 1531 J St. Elaine Sedlack presents "Frank Kingdon-Ward: Connoisseur Plant Collector." Refreshments are provided. Free. www.eurekaheritage.org. 269-9533.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and fiber artists to socialize and work on projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. $5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

25 Friday

DANCE

Parsons Dance Company. 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. $46, $36, $10.

LECTURE

Flukes in Ducks. 7:30 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. John DeMartini discusses parasites on ducks, other marsh birds and red-legged frogs. Call to reserve a seat. Free. 826-2359.

MOVIES

The Adventures of Priscilla, Queen of the Desert. 7 p.m. Eureka Theater, 612 F St. An Oscar-winning, quote-worthy film about a trio of drag queens who journey across the Australian Outback. $5. www.theeurekatheater.org.

Demolition Man. 8 p.m. Arcata Theatre Lounge, 1036 G St. Sylvester Stallone, Wesley Snipes and Sandra Bullock wish they could wipe this one from their rap sheets. $5. www.arcatatheatre.com.

MUSIC

John Anderson. 8 p.m. Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. The country singer takes the stage. $49-$39. SOLD OUT. www.cheraeheightscasino.com.

THEATER

Rumors. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Neil Simon's classic farce about an assumed murder at an upscale New York gathering. $16, $13. www.ncrt.net. 442-6278.

EVENTS

City Rummage Sale. 9 a.m.-3 p.m. Eureka Municipal Auditorium, 1120 F Street. Help reduce, reuse and recycle at this rummage sale. 441-4144.

FOR KIDS

Baby Read and Grow. Every other Friday, 11-11:45 a.m. Humboldt County Library, 1313 Third St., Eureka. Families are invited to share songs, fingerplays and short stories. Free. www.humlib.org. 269-1910.

FOOD

Garberville Farmers Market. 11 a.m.-3 p.m. Garberville Town Square, Church Street. Local farm-fresh produce, meats, cheeses, baked goods and other specialty foods. EBT, Cal-Fresh and WIC accepted. SoHumFM@Yahoo.com. 923-3499.

SPORTS

BMX Friday. 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. $2 practice, $5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. $5.

ETC

Manufactured Home Community Tour and Training. 6 p.m. Strongbridge Montessori School, 4700 Valley E Blvd., Arcata. Humboldt County Manufactured Home Owners host this event to highlight and address the issue of increasing unaffordability facing manufactured home owners. Free.

26 Saturday

ART

Museum Day Live. Clarke Historical Museum, Third and E streets, Eureka. In the spirit of the Smithsonian Museums, which offer free admission every day, participating museums open their doors to anyone presenting a Museum Day Live! ticket. Free admittance for two with Museum Day Live ticket. www.clarkemuseum.org. 443-1947.

MOVIES

Manglehorn. 6:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. An ex-con who gave up the woman of his dreams for a big job obsesses daily over the choices he made. $6.50-$8. www.richardsgoat.com.

When Marnie Was There. 4 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. A tomboy explores a long-abandoned villa and meets a mysterious girl only she can see. $6.50-$8. www.richardsgoat.com.

MUSIC

Fall Concert. 7-9 p.m. Calvary Lutheran Church, 716 South Ave., Eureka. Breast and GYN Health Project's 15th annual fall concert featuring classical, jazz, a cappella and more. $20. Rosegz@hcbhp.org. www.hcbhp.org. 825-8345.

Sacred Sound Indian Concert. 8 p.m. Community Yoga Center, 890 G St., Arcata. Classical Indian musicians John Wubbenhorst and Samrat Kakkeri play traditional North Indian Ragas on the bansuri and tabla. $20.

SPOKEN WORD

Complementary Voices. 7-9 p.m. Booklegger, 402 Second St., Eureka. Pat McCutcheon and Therese Fitzmaurice read their poems. Books available for sale and autographing. Free. mcrauselhorst@gmail.com. 445-1344.

THEATER

Rumors. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Sept. 25 listing.

EVENTS

Art and Wine Festival. 11 a.m.-4 p.m. Fieldbrook Winery, 4241 Fieldbrook Road. Enjoy a day in the Fieldbrook Valley with barbecued oysters, albacore and chicken, beer, wine, live music by the Spindrifters and local artisan booths. All proceeds benefit Fieldbrook Educational Foundation. Free. ryansingtree@gmail.com. www.fieldbrookwinery.com. 834-5369.

Humboldt Hoedown. Noon-midnight. Mateel Community Center, 59 Rusk Lane, Redway. A folk, bluegrass, and harvest jam featuring vendors, booths, food, kids activities and more. With headliners The Brothers Comatose. $20. www.mateel.org.

Lost Coast Beer & Bocce Tournament. 9 a.m.-noon. Ferndale Firemen's Park, 100 Berding St. Form a four-person team or be a spectator and enjoy live music from the Pyronauts, refreshments and more. Registration begins at 8 a.m. $25/person, $100/team.

Night of 4,000 Stars. 5-9 p.m. Elk's Lodge, 445 Herrick Ave., Eureka. Enjoy dinner and live and silent auctions at this old Hollywood-themed benefit for the 4,000 North Coast children served by the Boys and Girls Club. $50. www.bgcredwoods.org. 441-1030.

Oktoberfest. 11 a.m.-3:30 p.m. Rohner Park, 11th and N streets, Fortuna. Traditional German-style dinner, German and local beer, beer barrel and stein races, polka dancing and "oompah" music by the Scotia Band and Humboldt Accordionaires. Event free, $20 dinner, $5 beer. admin@fortunasenior.org. friendlyfortuna.com. 726-9203.

Pet Fair. 10 a.m.-4 p.m. The Farm Store, 3956 Jacobs Ave, Eureka. Doggie fun zone, vendor samples, silent auction, raffles and more. Benefits local rescues and non-profits. Free.

Taste of Willow Creek. 12-5 p.m. China Creek Cottages, 40526 State Highway 299, Willow Creek. A fun, family event featuring local produce, wine, food, art and music. TBA.

Tiny House Expo. 12-6 p.m. Humboldt Unitarian Universalist Fellowship, 24 Fellowship Way, Bayside. Explore affordable living options with demonstrations of community-centered living units and enjoy food, entertainment and educational forums. Free. ahha.humco@gmail.com. www.huuf.org. 407-0047.

The Whisky Fair. 6:30-9:30 p.m. River Lodge Conference Center, 1800 Riverwalk Drive, Fortuna. Taste from a selection of more than 100 high-end whiskies from around the world. Ticket price includes a crystal whiskey glass, access to seminars and buffet dinner. $125, $100 advance, VIP $150, $125 advance. www.friendlyfortuna.com.

FOOD

Arcata Plaza Farmers Market. 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh vegetables and fruit from local producers, food vendors, plant starts and flowers every week. Live music by Striped Pig String Band.

Humboldt Hill Grange Breakfast. Fourth Saturday of every month, 8-11 a.m. Home-style breakfast. $5, $3 child. 442-4890.

Sliders and Ciders. 1-5 p.m. Humboldt Cider Company, 3750 Harris St., Eureka. Enjoy barbecued pork and tri-tip sliders from South Side Mikes to help support CASA of Humboldt County. Bring new or gently used shoes for donation. michelle@humboldtcidercompany.com. www.humboldtcidercompany.com. 798-6023.

GARDEN

Farm Tour and Open House. 10 a.m.-4 p.m. Sun Valley Floral Farms, 3160 Upper Bay Road, Arcata. See the greenhouses, warehouses and packing facilities, and enjoy wine tasting with wines from Willow Creek. Fundraiser for Humboldt Sponsors. Free. lily@tsvg.com. www.thesunvalleygroup.com. 825-8700.

MEETINGS

Farmer's Compliance Meeting. 3-7 p.m. Big Foot Golf & Country Club, 333 Big Foot Ave., Willow Creek. Speakers from EPIC and other organizations plus music by DJs and Jah Sun. Free. info@ccvhumboldt.org. ccvhumboldt.org. 530-629-2977.

North Coast Mensa Forum. 12-1 p.m. Samoa Cookhouse, Samoa Road, Arcata. Featuring speakers from Redwood Coast Village, a membership organization of seniors helping each other. Free, lunch sold separatly.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. Led by Barbara Reisman. Free. 826-2359.

Audubon Society Arcata Marsh Tour. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and have a great morning birding. Meet the trip leader in the parking lot at the end of South I Street

(Klopp Lake) in Arcata, rain or shine. Tour leader Gary Bloomfield. Free. www.rras.org/calendar.

Godwit Days Fall Preview. Locations throughout Humboldt County. The Fall Preview offers a weekend of birding in and around Humboldt. Ten birding trips are offered with small group sizes for a more intimate experience. The focus is on rarities and birding hotspots.

Highway Cleanup. 9:30-11:30 a.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help clean up trash along Highway 255 in Manila. Gloves and trash bags will be provided. Free. carol@friendsofthedunes.org. 444-1397.

Humboldt Baykeeper Boat Tour. 9:30-11 a.m. Woodley Island Marina, 601 Startare Drive, Eureka. Climb aboard the Humboldt Bay Harbor, Recreation, and Conservation District's patrol boat for a "Bay Explorations" tour led by docents trained in ecology and history of the bay. In Spanish and English. RSVP. Free. tours@humboldtbaykeeper.org. www.humboldtbaykeeper.org. 825-1020.

Lanphere Dunes Restoration. 9:30 a.m.-12:30 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help remove invasive plants and make room for more native diversity. Meet at Pacific Union School to carpool. Tools, gloves and snacks provided. Bring water and wear work clothes. Free. info@friendsofthedunes.org. www.friendsofthedunes.org. 444-1397.

Volunteer Trail Stewards. 9 a.m. Margaret and Buttermilk lanes, Sunny Brae. Help clear brush, transplant ferns, scrape duff and move larger tree limb segments in the trail corridor. Gloves, tools, snacks and beverages will be provided. Free. eservices@cityofarcata.org.. 825-2163.

SPORTS

Skate Fest Fundraiser. 4-10 p.m. RampArt Skatepark, 700 South G St., Arcata. All-ages event featuring skateboarding, a raffle, food and refreshments, live music and artwork. Festivities begin at 4 p.m. Skate contest at 7 p.m. Donations accepted. humboldtskateparkcollective@gmail.com. rampartskatepark.org. 826-0675.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Sept. 25 listing.

ETC

Earthquake and Tsunami Workshop. 1-3 p.m. Clarke Historical Museum, Third and E streets, Eureka. Led by Lori Dengler, Troy Nicolini and Kerry Sherin. Free. www.clarkemuseum.org.

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. $5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

COMEDY

Random Acts Of Comedy. 8 p.m. Arcata Theatre Lounge, 1036 G St. Ages 10 and up. $6.

27 Sunday

MOVIES

Big Hero. 6 p.m. Arcata Theatre Lounge, 1036 G St. Hiro, his robot Baymax, and their band of high tech friends save the streets of San Fransokyo. $5. www.arcatatheatre.com.

Manglehorn. 7:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Sept. 26 listing.

Continued on next page »

THANK YOU!

to the following chefs, restaurants, and businesses who contributed to the fundraiser dinner

Masters at Moonstone

Special thanks to…
Lauren Vucci and Josh Wiley

Restaurants and Chefs:
Abruzzi, Chef: Josh Wiley
Moonstone Grill, Chef: Kevin Johnson
Pasta Luego, Chef: Nicole Maki
Kyoto Restaurant, Chef: Amy Cloninger
Mazzotti's on the Plaza, Chef: Graham Miller
Gabriel's, Owner/Chef: Ariel Tanski
Café Brio, Chef: Caitlin Wik
Crush, Chef: Natalia Boyle

Fortuna High School Culinary Program
Stacy Chatfield, Chef/Instructor
Culinary Students: Tonya Jennings, Hailey Smith, Tyler Reback, Geovani Huerta, Caleb Pockett, Gabbie Lowry, Tanice Stoller

Local Businesses:
North Coast Co-Op, Cypress Grove

Countless Volunteers

Your support for Harvest of the Month and Farm to School will help bring the local food movement into the school cafeteria, educate the taste buds of our local children, and inspire future chefs of Humboldt County.

Thank you for your part in this endeavor!

CAFF Community Alliance with Family Farmers · Humboldt County Office of Education

For more info., visit: www.caff.org or www.humboldt.k12.ca.us/edserv-nutrition.php or call (707) 445-7042

2nd Annual
EXPLORE THE COAST!
www.rcaa.org
FREE!!
Family-Friendly Event!
Kayaking
Nature Activities
Birdwatching
Open-air Painting
Rollerskating
Sunday, 9/27
12-4 pm on the Hikshari' Trail
Foot of Hilfiker Lane & 101 in S. Eureka

The Eureka Heritage Society's Annual Home Tour

2015 Sensational Smalls

Sunday, Oct. 4, 12 to 5 PM

Eight Historical Sights • Live Music • Refreshments • Prizes • Vintage Cars

PRE-SALE TICKETS A BARGAIN!
$20 general admission (or $25 on day of tour)
$10 students and kids 6 and older (or $12 on day of tour)

TICKETS AVAILABLE AT:
Annex 39 by Eureka Theater
Eureka Books & Shady Lady, Eureka
Wildberries Marketplace, Arcata
Rings Pharmacy, Ferndale
Greens Pharmacy, Fortuna
A&L Feed, McKinleyville

The Home Tour this year will feature five single-family homes in Eureka and one residence that has been converted into offices for a law firm. The Tour will also include Eureka's oldest church building (now St. Innocent's Orthodox Church) and the Humboldt Standard Newspaper Company, designed by Eureka's own Franklin T. Georgeson.



www.eurekaheritage.org



Eureka Symphony
With Music Director & Conductor CAROL JACOBSON
THE GREATS 2015 2016

EXPERIENCE THE GREATS!
BRAHMS & MOZART
Friday & Saturday Oct. 2 & 3, 8 pm
Full orchestra with David & Aaron Requiro, cello & violin
At the Arkley Center

Tickets $19-$44
Visit eurekasymphony.org
Ticket Phone (707) 845-3655
SPONSOR: 13 KEET

When Marnie Was There. 4 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Sept. 26 listing.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

Sacred Sound Activity. 1-4 p.m. Community Yoga Center, 890 G St., Arcata. An in-depth experience of the sacred tradition of music from India. Includes raga singing, tala clapping and performances and videos of classical Indian music. $40.

THEATER

Rumors. 2 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Sept. 25 listing.

EVENTS

Festa Italiana. 10 a.m.-3 p.m. Redwood Fields Bocce Court, 2508 Fern Street, Eureka. Celebrate Italian heritage at the annual Sons of Italy event with Italian food, a bocce tournament and live music by the Golden State Accordion Club's Humboldt Accordionaires. Call to sign up for the tournament. Free. 445-5799 or 444-3407.

International Red Panda Day. 10 a.m.-5 p.m. Sequoia Park Zoo, 3414 W St., Eureka. Celebrate International Red Panda Day with a free day at Sequoia Park Zoo. Visit with Sumo, Stella Luna, Cini and Masala, and learn about species conservation. Free. rory@sequoiaparkzoo.net. www.sequoiaparkzoo.net. 442-5649.

Something Blue Bridal Fair. 12-3 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Check out this one-stop venue featuring over 30 vendors to get all the details, samples and contacts for your special day. $5. www.bluelakecasino.com. 877-252-2946.

FOR KIDS

Lego Club. 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring Duplos as well as smaller, more complex pieces. Free with museum admission. redwooddiscoverymuseum@gmail.com. discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. (503) 828-7421.

OUTDOORS

Explore the Coast Day. 12-4 p.m. Hikshari' Trail, Elk River Wildlife Sanctuary, Eureka. Explore the mouth of the Elk River with kayaking, nature activities, food, treats, music and more. Free. natalie@nrsrcaa.org. 269-2059.

Godwit Days Fall Preview. Locations throughout Humboldt County. See Sept. 26 listing.

SPORTS

BMX Practice and Racing. 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. $2 practice, $11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Distinguished Gentleman's Ride. 11 a.m. Black Lightning Motorcycle Cafe, 440 F St., Eureka. In grand style, dapper gents and elegant ladies shall ride their steeds spreading merriment and joy throughout their communities whilst raising awareness for men's health. Free. www.blacklightningmotorcyclecafe.com.

Fitness Fair and Waterfront Walk and Run. 9 a.m. Eureka Natural Foods, 1450 Broadway. Fitness Fair at 9 a.m., 2-mile walk/run at 11 a.m., 5-mile walk/run at 11:30 a.m. Benefits the Humboldt Trails Council and Shoes For Kids. $25 registration for run. www.eureka-naturalfoods.com.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. $3. www.nugamesonline.com. 497-6358.

Redwood Coast Scrabble Club. 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my! 677-9242.

28 Monday

DANCE

Friendship Circle Dance. 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dancing for people in their 50s and older with live music from the 1930s through 1950s. Refreshments served. $4. 725-5323.

MOVIES

Manglehorn. 7:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Sept. 26 listing.

MUSIC

Buffalo Field Campaign 2015 Roadshow. 6 p.m.-midnight. Arcata Playhouse, 1251 Ninth St. Storytelling, video and songs about Yellowstone's last wild buffalo. Music by Goodshield Aguilar and Mignon Geli and Into the Current. Potluck at 6 p.m. Event at 7 p.m. $5-$50 sliding scale. greta.montagne@gmail.com. www.buffalofield-campaign.org. 834-0617.

Dark Star Orchestra. 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. The sound, energy and experience of the Grateful Dead. $36, $15.

Notre Dame Cathedral Concert. 7-8:30 p.m. Christ Episcopal Church, 15th and H streets, Eureka. Bay Area organist James Welch and pianist son Nicholas Welch perform music by Chopin, Beethoven and French and American composers. $15 suggested donation. christchurcheureka.org/concerts. 442-1797.

MEETINGS

Humboldt Bay Bicycle Commuters Association. 6 p.m. Chapala Café, 201 Second St., Eureka. Agenda items my be emailed to info@humbike.org or phoned to Rick Knapp at 445-1097. Free, dinner optional.

McKinleyville Low Vision Support Group. 10-11 a.m. Azalea Hall, 1620 Pickett Road, McKinleyville. The group will discuss how to know when it is time to get help for low vision. Free. dougdrose@suddenlink.net. www.mckinleyvillecsd.com/azalea-hall. 839-0588.

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

SPORTS

Monday Night Football. 5:20 p.m. Arcata Theatre Lounge, 1036 G St. Pro football on the giant screen. All ages. Free w/$5 food or beverage purchase. www.arcatatheatre.com.

ETC

Monday Night Magic Draft. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. New and seasoned players welcome. $15. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

29 Tuesday

MOVIES

Suicide Prevention Info Night. 6 p.m. Eureka Community Health and Wellness Center, 2200 Tydd Street. Watch a movie about a Santa Cruz-based peer respite center. Refreshments served. Please RSVP. Free. kunle.centre@gmail.com. 599-2381.

MUSIC

Gonzalo Bergara Quartet. 8 p.m. Arcata Playhouse, 1251 Ninth St. Argentinian flavored Gypsy jazz with violinist Leah Zeger. $15, $13.

SPOKEN WORD

Human Expression Night. 7 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Courtnie Burns hosts this night of poetry and creativity. Free. www.blondiesfoodanddrink.com.

FOR KIDS

Playgroup. 10-11:30 a.m. Discovery Museum, 612 G Street, Eureka. Free play for kids 0-5. Regular admission for kids over 5. Free. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Sept. 27 listing.

FOOD

Eureka Farmers Market. 10 a.m.-1 p.m. Old Town Gazebo, Second and F streets, Eureka. Fresh, local produce direct from the farmer. Free. 441-9999.

Fortuna Farmers Market. 3-6 p.m. Main Street. Locally grown fruits, veggies and garden plants, plus arts and crafts. Free.

Miranda Farmers Market. 2-6 p.m. Miranda Gardens Resort, 6766 Avenue of the Giants. Pick up produce, baked goods and more right across from the Miranda Gardens Resort. Free. www.facebook.com/Southern-humboldtfarmersmarket.

Shelter Cove Farmers Market. 11 a.m.-3 p.m. Downtown Shelter Cove, Machi Road. Fresh fruits, vegetables, ornamental trees and plants, all with an ocean view. Free. www.facebook.com/Southernhumboldtfarmersmarket.

Wildberries Farmers Market. 3:30-6:30 p.m. Wildberries Marketplace, 747 13th St., Arcata. Locally grown fruits, vegetables, plants, meats and more. Music by Squeeze Bug.

OUTDOORS

Slower-Speed Arcata Marsh Tour. Last Tuesday of every month, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. A tour for attendees with mobility issues and those who are unable to keep up on regular walks. Meet at the first I Street parking lot (in from Samoa) of the Arcata Marsh. Free. 822-3475.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from $1-$10.

Board Game Night. 5-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw Street, Ferndale. Cards and pegs.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

COMEDY

Savage Henry Comedy Night. 8 p.m. The Jam, 915 H St., Arcata. Local and out of town comedians bring the ha-has. $5.

30 Wednesday

ART

Plein Air at the Lost Coast. Downtown Shelter Cove, Machi Road. A five-day outdoor painting festival with workshops, prizes, auctions and more for artists and art lovers of all ages and levels. TBA. nancynlm@yahoo.com. 986-7120.

MOVIES

Charlie's Country. 7:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. $6.50-$8. www.richards-goat.com.

Sci Fi Night feat. *Prisoners of The Lost Universe.* 7:30 p.m. Arcata Theatre Lounge, 1036 G St. An electrician, a TV newswoman and a mad scientist enter a dimension ruled by a warlord. Free w/$5 food or beverage purchase. www.arcatatheatre.com.

MUSIC

Max's Midnight Kitchen. 8-11 p.m. The Sanctuary, 1301 J St., Arcata. A string band based out of Portland, Oregon with folk and bluegrass roots and a sense of humor. $5 - $20. thesanctuary.arcata@gmail.com. 822-0898.

FOR KIDS

Youth Family Activity Group. Last Wednesday of every month, 3:30-5 p.m. Post Adoption Services Project, 10 West Seventh St., Suite H, Eureka. Family activities for children ages 9 and up. Free. info@postadoptservices.com. www.postadoptservices.com. 476-9210.

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

OUTDOORS

Leave No Trace Seminar. 6-7 p.m. Center Activities, Humboldt State University, Arcata. Learn how to reduce your impact in the back country, front country or wherever you are. Free. cntract@humboldt.edu. 826-3357.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. $5. www.nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

Harbor Commissioner Candidates Forum. 12:30-1:30 p.m. Samoa Cookhouse, 908 Vance Ave. Humboldt Bay Harbor Working Group announces the first public forum for the Harbor Commissioner election. Lunch served from noon-12:30 p.m. Free, lunch extra. www.samoacookhouse.net. 826-0867.

COMEDY

Comedy Open Mikey. 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. Free.

1 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Sept. 24 listing.

MOVIES

Gueros. 7:30 p.m. Richards' Goat Tavern & Tea Room, 4011 St., Arcata. Three restless teens search for folk-rocker Epigmenio Cruz on the streets of Mexico City during the student strikes of 1999. $8. www.richardsgoat.com.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon Discovery Museum, 612 G St., Eureka. See Sept. 24 listing.

FOOD

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson near F Street, Eureka. See Sept. 24 listing.

McKinleyville Farmers' Market. 3:30-6:30 p.m. McKinleyville Safeway Shopping Plaza, Central Avenue. See Sept. 24 listing.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Sept. 24 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Sept. 24 listing.

Heads Up This Week

Ferndale Repertory Theatre announces auditions for *The Threepenny Opera* Oct. 11 and 12 from 6-8 p.m. at Arcata Playhouse, and *Bat Boy the Musical* Dec. 6 and 7 from 6-8 p.m. at Bethel Church in Eureka. For more info, email leira@ferndalerep.org.

Grant applications are being accepted for the Sign and Ruth Smith Fund Grant. Deadline is Oct. 1, 2015. Visit www.rotary1.org, email rotary.nancydean@gmail.com or call 845-5468.

The Bayside Grange invites crafters and artists to submit vendor applications for the Holiday Handmade/Makers' Fair to be held at the Grange December 19 and 20. Email denise@remembermagic.com or call 822-9998.

AAUW Scholarships available for HSU women re-entry students. Application deadline is Oct. 31. For more information, go to www.Humboldt-ca.aauw.net or call 443-1291.

Low-cost firewood is available for income-eligible older adults. Call 443-9747 ext. 1241 for more information.

Fern Cottage Foundation seeks board members. Please send a letter of intent to Fern Cottage Foundation, P.O. Box 1286, Ferndale, CA 95536. For information, go to www.ferncottage.org.

Volunteers wanted for Eureka VA clinic. Call 269-7502.

For an application for grand jury service, call 269-1270 or stop by the Jury Services Office at the Humboldt County Courthouse. Applications online at www.co.humboldt.ca.us/grandjury.

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Filmland



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Like a Boss

Tough characters in *Black Mass* and *Grandma*

By John J. Bennett
filmland@northcoastjournal.com

Reviews

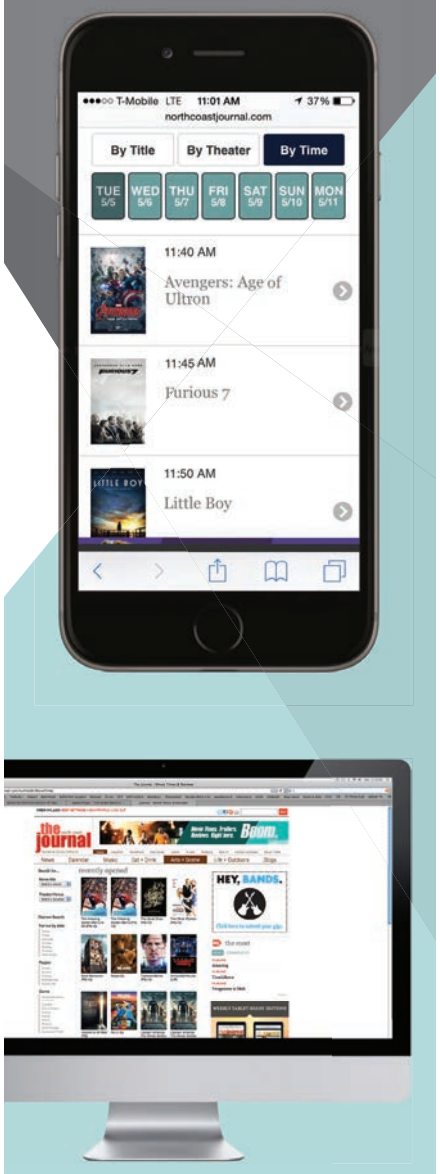
BLACK MASS. Scott Cooper makes movies I think I should love. His style, a little loose but still atmospheric and inventive, creates a unified visual identity for the settings of his stories. He then populates these backdrops with boozers, bare knucklers, broken down brothers, speed freaks, murderers and musicians. It's my kind of Americana writ large, and more often than not played out by top-tier actors digging deep to get at a variety of challenging emotional truths. Cooper seems to attract above-the-title talent to his projects and coax especially strong performances out of stars. Jeff Bridges won an Oscar for *Crazy Heart* (2009) and the cast of *Out of the Furnace* (2013), including Christian Bale, Casey Affleck, Woody Harrelson and Willem Dafoe, did universally outstanding, occasionally devastating work. In spite of all that, though, I can't quite love the movies. For all their poise and depth they, to a one, lack an element of grubbiness, some necessary and un-washable stain that would make them resonant. They are nearly great, but their proximity to greatness makes their relatively minor shortcomings seem insurmountable. Such, regrettably, is again the case with *Black Mass*, a gorgeously made, exceptionally cast, tremendously acted crime biopic about which I would like to feel more excited.

Johnny Depp plays James "Whitey" Bulger, the South Boston street tough who became a kingpin with a little help from the FBI. The narrative, framed by dramatized police interviews with a number of Bulger's closest associates, picks up in 1975. Bulger has already established himself as someone not to be trifled with, having served time in both Leavenworth and Alcatraz. His younger brother Billy (Benedict Cumberbatch) has meanwhile gotten busy with a political career, eventually landing himself a state Senate seat. From out of the woodwork of the old neighborhood comes John Connolly (Joel Edgerton), boyhood friend of both Bulgers, now out to make a name for himself in the FBI. Connolly brings Bulger

Continued on next page »

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Continued from previous page

in as a confidential informant, enticing him with the opportunity to effectively dismantle the Italian families infringing on his rackets. Bulger supplies a few precious nuggets of information, thereby purchasing himself 20 years of scrutiny-free operations. Those operations entail, of course: robbery, racketeering, blackmail, extortion and more than a little murder. None of this ends particularly well for any of the parties involved, needless to say. (The real life ending to the story has been well documented in the national news these last few years, but I won't spoil it).

The central thematic thrust of *Black Mass* is about loyalty and boys from a rough part of town wanting to make good for themselves and for each other. But somewhere in the perfectly appointed sets and the wide lapels and the *Godfather*-esque lighting and composition, that theme gets buried and nearly forgotten. It's a beautiful looking movie, with all the details in place, but it ultimately feels more like an exercise in style than a full-blooded story.

The acting, per usual with Cooper, is excellent, and Depp takes a refreshing break from the high-wire miscues that have become his recent norm. Even though the Bulger makeup occasionally distracts, making Depp look like a scarecrow crossed with a pit bull, he inhabits the role with an enjoyable ferocity. His Bulger is plausible, unsentimental; he might be a psychopath or he might just be exceptionally driven. Edgerton stands out, too, as a man trying to hide his true identity as the snot-nosed kid Jimmy Bulger protected from the bullies all those years ago. His hubris is palpable and tragic in every scene, and it can be tough to decide whether to pity or loathe him. Cumberbatch does customarily fine, if minor, work and David Harbour, as Connolly's FBI co-conspirator John Morris, is especially compelling. As Bulger's rogues' gallery Jesse Plemons, Rory Cochrane and W. Earl Brown give dark, fascinating life to the process of losing faith in someone for whom they would commit multiple murders.

For all its finer points — the acting of its outstanding cast, beautiful production design and costuming, quietly lush cinematography — *Black Mass* still falls short of greatness, but by an almost immeasurable margin. For me, this is perhaps because it attempts to play both sides, to gently condemn and support Bulger without issuing a strong judgement either way. Or it might be that it's just too stylized, too lugubrious, too intent on packing in too much information for any one element to really breathe and settle in. R. 122m. BROADWAY, FORTUNA, MILL CREEK, MINOR

GRANDMA. A lot has been said about Lily Tomlin's performance in this one, and rightfully so. She is hilarious, tough and a little heartbreaking; mostly hilarious. She plays Elle, a septuagenarian poet who has recently lost her partner of half a lifetime to cancer. Her career is stalled, she has $43. The same morning she has messily broken up with her new girlfriend (Judy Greer), Elle's granddaughter Sage (Julia Garner) shows up needing $600 to terminate a pregnancy.

The movie follows Elle and Sage as they make their way around town, shaking down Sage's idiotic ex-boyfriend, attempting to rebuild a bridge with Elle's long-estranged ex-husband (a wonderfully kooky/deeply sad performance by Sam Elliot), and eventually enlisting the aid of Sage's mom (Marcia Gay Harden), of whom they are both afraid.

Paul Weitz (*About a Boy*, *American Pie*) directs his own script with a light, lively touch. Tomlin and Garner play off of each other wonderfully, and the scenes they share with Harden are especially enjoyable. By turns laugh-out-loud funny and quietly touching, *Grandma* is unassuming, charming and consistently entertaining. R. 80m. MINOR

— John J. Bennett

For showtimes, call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456.

MOVIES & EVENTS
Sept 25 - Sept 30
Fri Sep 25 – Demolition Man (1993).Doors @ 7:30 PM, Movie @ 8 PM, Film is $5, Rated R.
Sat Sep 26 – Random Acts Of Comedy.Doors @ 7:30 PM, Hilarity at 8:00 PM, $6 @ door, Ages 10 +.
Sun Sep 27 – Big Hero 6 (2014), Doors@ 5:30 PM, Movie @ 6 PM, Film is $5, Rated PG.
9/30 – Sci Fi Night ft.Prisoners of The Lost Universe (1984), Doors @ 6 p.m. All ages, Freew/$5 food & bev purchase.
Arcata Theatre Lounge
arcatatheater.com • 822-1220 • 1036 G St.

Previews

EVEREST. Climbers struggle when a storm hits them on the way to the top in this true-story drama. Starring Jason Clarke and Ang Phula Sherpa. Wear layers. PG13. 121m. BROADWAY, FORTUNA, MILL CREEK

THE GREEN INFERNO. After a plane crash in the Amazon, rain forest activists are captured, tortured and probably eaten by scary locals with hardcore body art. R. 100m. BROADWAY

HOTEL TRANSYLVANIA. Adam Sandler voices grandpa Vlad, who's trying to run his inn and hang onto his blended vampire-human family in this animated sequel. PG. 90m. BROADWAY, MILL CREEK, FORTUNA

THE INTERN. Robert DeNiro plays a retiree who returns to work with an internship at an online fashion company. With Anne Hathaway as his new boss. PG13. 121m. BROADWAY, FORTUNA, MILL CREEK

PAWN SACRIFICE. Cold War drama based on real-life chess champion Bobby Fischer's (Tobey Maguire) slipping sanity and his politically charged match against Russian Boris Spassky (Liev Schreiber). PG13. 114m. MINOR

Continuing

INSIDE OUT. Pixar renders our inner lives and the tumult of growing up with clarity, charm, poignancy and humor through the personified emotions of a girl named Riley. PG. 94m. BROADWAY

MAZE RUNNER: THE SCORCH TRIALS. Our clear-skinned, teen heroes escape lockdown and battle the middle-aged powers that be in the wider post-apocalyptic dystopia. PG13. 131m. BROADWAY, FORTUNA, MILL CREEK

STRAIGHT OUTTA COMPTON. A fluid and immersive drama with strong portrayals of NWA's now mythic members (give or take an assault). R. 147m. BROADWAY

THE VISIT. Siblings visit creepy, estranged grandparents in the boonies for found-footage scares and unsurprising plot twists in the M. Night Shyamalan picture. PG13. 94m. BROADWAY, MILL CREEK

A WALK IN THE WOODS. Robert Redford and Nick Nolte star as old friends testing their knees and their bond by hiking the Appalachian Trail. R. 104m. BROADWAY

WAR ROOM. A troubled family prays together and (spoiler alert!) probably stays together. PG. 120m. BROADWAY, MILL CREEK

— Jennifer Fumiko Cahill ●

Workshops & Classes

Continued on next page »

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Listings must be paid in advance by check, cash or Visa/MasterCard.
Many classes require pre-registration.

Arts & Crafts

KNITTING AND CROCHET CLASSES AT YARN Yarn offers a variety of knitting and crochet classes each month for beginner to intermediate knitters/crocheters as well as weekly craft classes for kids. Visit www.yarn-fun.com or call 443-YARN to find out our schedule each month. Classes at our new location, 518 Russ St. in Henderson Center. (A-0924)

LEARN TO KNIT Learn to Knit - Just in time to create Holiday Gifts!
Our new beginning knitting class will give you the skills to complete your first knitted project, a knitted hat. Total instruction time is six hours. Your materials will be provided as part of the workshop fee. Workshop Fee:$65.00
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Saturday, Oct. 24 11AM - 1PM
Saturday, Oct. 31 11AM - 1PM
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UPCYCLING CLASSES AT SCRAP HUMBOLDT For Youth & Adults! For the full schedule visit www.scraphumboldt.org (707) 822-2452

Communication

EASY CONSERVATIONAL SPANISH a class for people with no prior knowledge of Spanish. This is a fun non-grammar based class where students learn essential Spanish for everyday conversation. Oct 21-Nov 11 Wednesdays 5:30-7:30pm downtown Eureka contact Community Education at 707-476-4500 for registration information (V-0924)

WHY PEOPLE LEAVE CHURCH EXPLORED AT LIFE-TREE CAFE Insights and trends about the current state of the church will be discussed at Lifetree Café on Sunday, September 27 at 7 p.m. The program, titled "Leaving God? Insights From Those Who've Walked Away From Church," includes interviews with John Bucher, an author, filmmaker, and screenwriter who was hurt by the church, and Dr. Josh Packard, a professor and researcher at the University of Northern Colorado. Lifetree Café is a Free Conversation Café - Snacks and Beverages. Located on the Corner of Union and 13th, Arcata. 707 672 2919 or bobdipert@hotmail.com or www.lifetreecafe.com (C-0924)

Computer

DIGITAL PHOTO REPAIR WITH PHOTOSHOP Thursdays, Oct 8-Nov 5 2015 3-5pm $80 Learn the basic Photoshop tools for enhancing and repairing images, such as level adjustment, color balance, as well as, tools for removing spots of dust, scratches and torn areas. Basic Photoshop skills required. Call 476-4500 info to register or for more information (V-0924)

BOOKKEEPING TRAINING October 26th - December 16th with Tuesdays December 8th & 15th, 2015, Mondays & Wednesdays, 8:30am - 12:30pm $595 Students emphasizes the fundamentals of bookkeeping, while adding hands-on applications and system building for beginning Bookkeepers. The class focuses bookkeeping for the small business environment by utilizing and learning the popular bookkeeping software tool - Quickbooks! Contact Community Education at 707 -476-4500 for registration informationn (C-0924)

DIGITAL MARKETING MASTERY. Gain an understanding of the techniques and application of digital marketing, including personal and business branding; social media; basic web design; SEO practices; fundamental analytics and advertising. With Christine Ciarcia and Rachel S. Lee. Tues., Oct. 20-Nov. 3, 6-8 p.m. Fee: $120. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (C-0917)

INTERMEDIATE MICROSOFT EXCEL. Go beyond the basics and explore powerful tools available to an intermediate user of Microsoft Excel. With Joan Dvorak. Mons., Oct. 26-Nov. 16, 6-8 p.m. Fee: $75. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. . (C-0903)

Dance/Music/Theater/Film

DANCE SCENE STUDIOS. Excellent instruction in Ballet, Creative Dance, Hip Hop, Belly Dance, Pilates, Jazz, Musical Theater. 1011 H Street, Eureka. www.DanceEureka.com (707)502-2188. (DMF-1105)

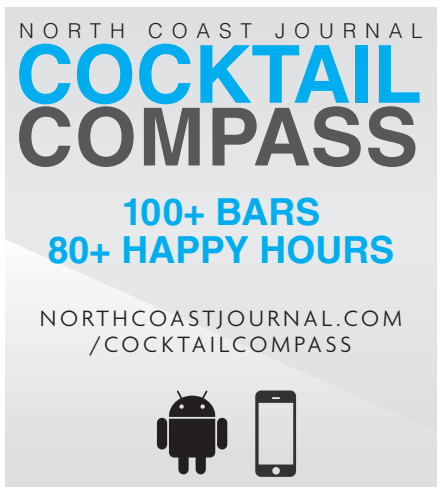
DANCE WITH DEBBIE: Find your inner Latin dancer! Learn Salsa in a small class environment - beginning level 7-8 p.m., Intermediate 8-9 p.m. on Tuesday evenings in October or explore your inner Latin lover with Rumba on Thursday evenings also in October, same times. Only $40/person/month and we guarantee you will learn to dance! (707) 464-3638, debbie@dancewithdebbie.biz (D-1008)

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning, Instrument repair. Digital multi-track recording. (707) 382-9468. (DMT-1126)

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STEEL DRUM CLASSES. Beginning Classes Level 1 Fri's. 10:00-:11:00a.m, Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-0924)









WEST AFRICAN DANCE W/ LIVE DRUMMING. Tues.'s, All Level Class, 5:30 p.m -7 p.m. Thurs.'s Beginning/Breakdown, 7 p.m.-8 p.m., Redwood Raks Dance Studio, Arcata. Facebook Arcata West African Dance or contact Heather (707) 834-3610. (DMT-0331)

Fitness

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-0924)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0827)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. $6/$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-1231)

Lectures

BUILDING ORGANIZATIONAL DIVERSITY: AVOIDING UNCONSCIOUS BIAS IN THE HIRING PROCESS. Unconscious bias can subtly impact hiring decisions and put organizations at risk for lost talent, productivity and revenue. Learn and apply concrete strategies for interrupting this behavior in yourself and your business. With Melissa Meiris. Tues., Oct. 20 and Nov. 10, 9-11 a.m. Fee: $105. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (L-1008)

TOOLS FOR BIG GIFTS. Learn methods and strategies for developing capital campaigns and planned giving for your nonprofit organization. With Guiamar Hiegert and Melissa Hooven. Meets online Oct. 19-Nov. 13. Fee: $195. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/fundraisingcertificate. (L-1008)

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CHILD ABUSE MANDATED REPORTER. Learn the responsibilities of being a mandated reporter, indicators of child abuse and neglect, and reporting procedures. With Jed Mefford & Pamela Miller. Friday, Oct. 23, 8:15 a.m.-4:30 p.m. Fee: $40 (includes lunch); $25 additional for optional academic credit or CEUs. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (L-1008)

THE PEOPLE: NEW DESIGNS FOR FUNDRAISING. For nonprofits, it's the people who are crucial to the success of any fundraising effort. Learn key recruitment and team building strategies, board development and self-assessment tools. With Guiamar Hiegert. Meets online Nov. 16-Dec. 11. Fee: $195. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/fundraisingcertificate. (L-1008)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-1225)

BRITISH FILMS. With Philip Wright. Wednesdays, Sept. 30-Nov. 11 from 6-9 p.m. Screen and discuss seven films produced in the decades between 1940 and 1969, which qualify as "classic"British films. OLLI Members $85/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0924)

CONTRACT BRIDGE FOR BEGINNERS. With Robert Fornes. Wednesdays, Oct. 7-Nov. 11 from 10 a.m.-12 p.m. Learn the rules and tools to enable you to completely play the game. OLLI Members $75/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1001)

CONTRACT BRIDGE FOR INTERMEDIATES. With Robert Fornes. Wednesdays, Oct. 7-Nov. 11 from 2-4 p.m. Learn more about playing and defending in a trump or a no-trump contract, and clarify many complex bidding issues. OLLI Members $75/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1001)

CREATING BALANCE: BUILDING STRENGTH. With Randi Swedenburg. Mondays & Wednesdays, Oct. 10-28 from 1-2 p.m. in Arcata. This exercise class focuses on improving balance and building strength to reduce the risk of falling. Supports the exercises recommended from the Seeking Balance course.. OLLI Members $45/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1001)

DANSE MACABRE: PLAYING WITH OUR MASKS OF LIVING AND DYING. With Gina Belton. Wednesdays, Sept. 30-Oct. 28 from 6-8 p.m. Join us in this unique gathering of community where art, death and story intersect! Create a unique piece of artwork to tell a collective story of the imaginable-the art of our living and dying.OLLI Members $75/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0924)

DRAWING WITH COLORED PENCIL WITH BRENT EVISTON. Mondays, Oct. 5-Nov. 9 from 2-4 p.m. Colored pencils are excellent for students who want color in their work without the mess or expense of paint. Drawing experience recommended but not required. OLLI Members $85/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1001)

GENTLE YOGA. WITH PATRICIA STARR. Mondays, Oct. 5-26 from 1-2:30 p.m. Learn the basic foundation, the use of props, correct alignment, conscious relaxed breathing and all of the basic stretches. OLLI Members $65/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1001)

HOW TO WORK WITH THE MIND THROUGH BUDDHIST MEDITATION. With Khenpo Ugyen Wangchuk. Wednesdays. & Fridays, Oct. 7-23 from 5-7 p.m. on the HSU campus. Explore the practice of various types of meditation employed within the Buddhist tradition, working with the mind and taming errant emotions. OLLI Members $75/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1001)

INTRODUCTION TO SEA KAYAKING 102. With Larry Buwalda. Mon., Sept. 28 from 1-5 p.m. Learn intermediate techniques such as self and assisted rescues and priorities, channel traffic signals, and intermediary paddle strokes. OLLI Members $45/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0924)

INTRODUCTION TO STEEL DRUMS. With Kate Lang-Salazar. Fridays, Oct. 2-23 from 10-11 a.m. Learn to play steel drums in this fun and enriching class for students of all levels. No previous musical training is required.OLLI Members $50/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0924)

IPAD BASICS INTRODUCTION. With Annie Reid. Saturdays, Oct. 3-17 from 10:30 a.m.-12:30 p.m.Learn to connect to wi-fi, save web bookmarks, set up personal iTunes and HSU accounts, and explore apps and functions of various ports and buttons. OLLI Members $55/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0924)

JEWEL CITY: ART FROM SAN FRANCISCO'S PANAMA-PACIFIC INTERNATIONAL EXPOSITION With Julia Alderson. Wednesdays, Oct. 7-28 from 2 -4 p.m. at the Trinidad Library. Examine the art and artists highlighted in this exciting upcoming exhibition at the de Young Museum in San Francisco. OLLI Members $65/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1001)

MAKING GUIDED IMAGERY WORK FOR YOU. With Kerima Furniss. Tues., Oct. 6 from 6:30-8:30 p.m. Learn skills to use your imagination to ease stress, pain and worry, move toward positive goals, and help family and friends.OLLI Members $30/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1001)

MOVEMENT: ESSENTIAL FOUNDATION TO FITNESS. With Corey Jung. Sat., Oct. 3 & Sun., Oct. 4 from 12-2 p.m. Learn to feel, move and perform better in activities of daily living to meet your health and fitness goals. OLLI Members $45/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0924)

OLLI PILATES PLUS. WITH JOANNE FORNES. Wednesdays, Oct. 7-Nov. 11 from 10-11:30 a.m. Build a stronger, healthier body, improve posture, balance and flexibility. OLLI Members $65/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1001)

SEEKING BALANCE. With Justus Ortega. Wed., Sept. 30 and Mon., Oct. 5 from 12-2 p.m. Get a balance and fall risk assessment. Discuss the implications of reduced balance and provide strategies for improving stability and reducing the risk of falls. OLLI Members $45/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0924)

SEVEN PRINCIPLES FOR MAKING RELATIONSHIPS WORK. With Lou Ann Wieand. Sat., Oct. 10 from 9 a.m.-4 p.m. This one-day workshop is designed for couples already in a committed relationship. Deepen your friendship, manage conflict effectively, and learn how to honor each others' dreams and shared meanings. Register by Sept. 30. OLLI Members $55 per person/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olliâ (O-0924)

SONGS OF COMFORT AND HEALING. With Maggie McKnight. Saturday, Oct. 10 from 2-4 p.m. Learn a variety of simple songs, from gentle and soothing to uplifting and lively, and can also be sung for special occasions or pure enjoyment. No musical experience is required.. OLLI Members $30/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1001)

TAKE IT SLOW, TAKE THE TRAIN. With Louise Bacon-Ogden and David Ogden. Discover if train travel is right for you. Learn the ins and outs of preparing for train trips including secrets of packing, ordering tickets, sleeping and dining. Choose from two options: Thursday, Sept. 8 from 3:30-6 p.m. or Thursday, Sept. 15 from 5:30-8 p.m. OLLI Members $30/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1001)

THE PLANTAGENETS IN FILM. With Michael Cooley. Thursdays, Oct. 1-Nov. 5 from 6-9 p.m. The Plantagenet dynasty, from Henry II to Richard III, ruled England for 330 years. Each class will begin with an introduction and conclude with a discussion about the film. OLLI Members $75/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0924)

Spiritual

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-0924)

ARCATA ZEN GROUP MEDITATION. Beginners welcome. **ARCATA**: Sunday 7:55 a.m., Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. For more info. call (707) 826-1701 or visit arcatazengroup.org **EUREKA**: Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12. For more info. call (707) 845-8399 or visit barryevans9@yahoo.com . (S-0924)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are a diverse congregation welcoming all people. Our mission is to promote personal and spiritual growth as well as a peaceful, sustainable, and socially just world. Services at 9am and 11am on Sunday. Child care is provided at 9am. Childrens religious education is at 11am. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0924)

KDK ARCATA BUDDHIST GROUP. Practice Tibetan Meditation on Loving-Kindness and Compassion in the Kagyu tradition, followed by a study group. Sun's., 6 p.m, Community Yoga Center 890 G St, Arcata. Contact Lama Nyugu (707) 442-7068, Fierro_roman@yahoo.com, www.kdkarcatagroup.org (S-0924)

SPIRIT TALK WITH REV. DIANE. All are welcome to join Rev. Diane Decker, Minister of Religious Science, for Science of Mind Spiritual Discussion, Meditation and Affirmative Prayer. Gathering every Mon. 7 p.m-8 p.m., Isis Suite 48, Sunny Brae Center. Donations welcome. (707) 502-9217 (S-924)

TRANSMISSION MEDITATION Wednesdays 6-7pm Isis Osiris Healing Temple 44 Sunny Brae Ctr, Arcata TransmissionMeditation.org 707-681-9970 (S-0924)

UNITY OF THE REDWOODS. Join us at Unity Church of the Redwoods, where love is felt, truth is taught, lives are transformed, and miracles happen. Services begin each Sun. at 11 a.m. 1619 California St., Eureka. Please stay for snacks and conversation after service. (707) 444-8725 (message), www.unityoftheredwoods.org (S-0924)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-0924)

FREE DEPRESSION SUPPORT GROUP. Walk-in support group for anyone suffering from depression. Meet Mon's 6:30 p.m -7:45 p.m, at the Church of the Joyful Healer, McKinleyville. Questions? Call (707) 839-5691. (TS-1029)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-0924)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0924)

Vocational

PUBLIC ENGAGEMENT: THE VITAL LEADERSHIP SKILL. This practical and participatory seminar is designed for anyone who wants to be more effective in engaging the public in addressing tough issues. With Pete Peterson, Carol Rische, Mary Gelinas and Roger James. Thursday, October 22, 9 a.m.-12 p.m. Fee: $95. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (V-1008)

BILINGUAL FRONTLINE CUSTOMER SERVICE Saturday, October 24th, 2015, 9:00am - 3:00pm, $155. This course will outline the necessary basics for superior frontline customer service. With an excellent bi-lingual instructor, the course will also role-play quality solutions for common conflicts and miscommunications in the English to Spanish or Spanish to English formats in customer service. Contact Community Education at 707-476-4507 for information (C-0924)

SOUTHERN HUMBOLDT COMMUNITY HEALTHCARE DISTRICT (SHCHD) is providing a $500 stipend to any student who lives within SHCHD boundaries and is accepted into and attends the College of the Redwood Phlebotomy Program. Stipends are intended to support local students with the financial costs of attending the program, such as: travel and books. Students that receive a stipend are NOT obligated to work at SHCHD during or after completing the phlebotomy program. Applications can be picked up at Southern Humboldt Community Clinic or by emailing htucker@shchd.org. The deadline to apply for the stipend is October 1st, 2015. (V-0903)

TRUCK DRIVING TRAINING PROGRAM at College of the Redwoods starts November 9th call us at 707-476-4503 for information and registration or visit our website at http://www.redwoods.edu/Departments/Community-Ed/truckdriver.asp (V-0924)

Wellness & Bodywork

ARCATA SCHOOL OF MASSAGE IS NOW ENROLLING FOR OUR 650-HOUR PROGRAM. Starts Sept. 1, 2015. It is a Morning Program that meets Mon.- Fri., 9 a.m. - 1 p.m. Training is based in mindfulness, compassion, and many therapeutic massage modalities. Visit arcatamassage.com for complete course descriptions and information. (W-0128)

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Dandelion Herbal Center classes with Jane Bothwell. Festival of Herbs: Visiting Teachers Series. Dec. 2015 - May 2016. Meets the 1st weekend of the month for intermediate to advanced herb students and health care practitioners. Learn from renowned herbalists: Rosemary Gladstar, Christopher Hobbs, Amanda McQuade-Crawford, Kevin Spelman, Kathleen Harrison and Jessica Baker! Beginning with Herbs. Jan. 13 - March 9, 2016, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. Medicinal Cannabis Conference. April 23-24, 2016. Presenters are international, national and local experts that will utilize substantiated research and experience to advance your knowledge base on Cannabis to the next level! Register online www.dandelionherb.com or call (707) 442-8157. (W-1203)

DRAGON HEART TANG SOO DO AT PRESBYTERIAN CHURCH ON G ST. Tuesday and Thursday classes - kids 4-5pm, adults 5:30-7:30pm. Free women's self-defense class Thursdays 5-5:30pm. Call Master Becky Rupp 707-923-2886. (W-1015)

FULL MOON CELEBRATION AT OM SHALA YOGA! Guided meditation and visualizations will partner with the healing power of sound to leave you feeling relaxed, internally energized, and deeply centered. Saturday, September 26. Sign up by visiting www.OmShalaYoga.com/workshops or by calling or visiting the studio. 707-825-YOGA(9642) or 858 10th St, Arcata. (W-0924)

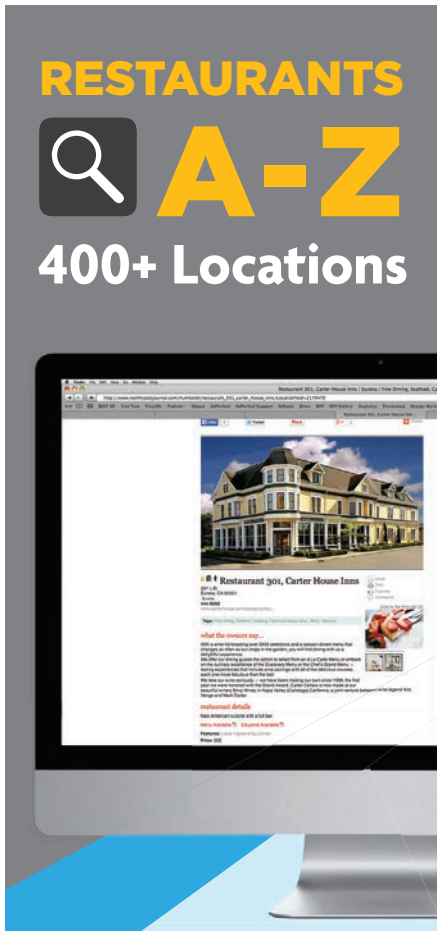
JIN SHIN JYUTSU SELF-HELP CLASSES. Learn what this ancient way of balancing energy with gentle touch is, and how to do it for yourself to enhance your health, comfort and peace of mind. Third Sundays, July thru December, 10.am. to 1p.m. $30 per class or $150 for all six classes. Attend one, some, or all. July 19, Aug. 16, Sept. 20, Oct. 18, Nov. 15, Dec.20, at the Arcata Wellness Center, 735 12th St., Arcata. Taught by Denny Dorsett RN, Jin Shin Jyutsu practitioner and self-help instructor. Call 707 825-0824 for information and pre-registration, or drop in, space allowing. (W-1217)

LEARN THE FERTILITY AWARENESS METHOD WITH DAPHNA MAVOR AT OM SHALA! Take control of your body and learn a natural, non-hormonal method to prevent or achieve pregnancy. 4 Thursdays, September 24-October 15 6:00 -8:00pm. Sign up in person at 858 10th St., Arcata, call us at 707-825-YOGA (9642) or visit www.OmShalaYoga.com/workshops to sign up. (W-0924)

SOOTHING YOUR INNER CRITIC WITH LORI SNYDER AT OM SHALA! With a combination of lecture, discussion, journaling, breathwork, conscious movement, mindfulness, and compassion practices, this workshop offers tools aimed at soothing and taming your inner critic...and maybe even making it your friend. Saturday, October 10, 7:00-9:00pm Sign up by visiting www.OmShalaYoga.com/workshops or by calling or visiting the studio. 707-825-YOGA(9642) or 858 10th St, Arcata. (W-0924)

YOGA IN FORTUNA THURS 9:30AM - 10:45AM W/LAURIE BIRDSONG. Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. $11 drop-in or 6 class pass $57. Scholarships avail. info Laurie 362-5457 (W-0924)





Ice Age in 2030?

By Barry Evans
fieldnotes@northcoastjournal.com

A British scientist recently warmed the hearts of climate-change deniers the world over. According to press reports following her presentation to the Royal Astronomical Society's annual meeting in Wales last July, Dr. Valentina Zharkova predicted that a mini Ice Age would begin in 2030. If true, this would make a mockery of decades of meticulous research by thousands of climatologists, who overwhelmingly agree that anthropogenic (man-made) greenhouse gases are causing the Earth to heat up with no end in sight. Truth is, Zharkova, an astrophysicist and professor of mathematics whose expertise is the sun's magnetic field (not earth's climate) said nothing about an impending Ice Age. She and her three colleagues did, however, claim that a "Maunder Minimum" was imminent; that's something else entirely, as we'll see.

From an electrical point of view, our star is a dynamo: Convecting fluid deep in its core creates the sun's magnetic field. Nearly 200 years ago, scientists showed that the strength of this field waxes and wanes in roughly 11-year cycles like a slowly beating heart. A period of peak magnetic activity ("solar maximum") causes many sunspots to appear on the sun's surface. Conversely, few or no sunspots are seen at periods of solar minimum.

Zharkova proposed that, like the hero of *Doctor Who*, the sun has not one but two hearts. Exceptionally high magnetic activity (many sunspots) occurs when the hearts are in sync, and vice versa. She claims that the very low sunspot period from 1645 to 1715 known as the "Maunder Minimum" (after solar astronomers Annie and Walter Maunder) resulted from the heartbeats being out of sync during that time, and that we are in for a similar but shorter Maunder Minimum during the decade 2030-2040.

So far, so good. Unfortunately, some journalists sensationalized the story by equating the Maunder Minimum with the Little Ice Age (LIA), a colder-than-usual period from the early 14th through the mid-19th century: "Earth facing a mini Ice Age within 10 years due to rare drop in sunspot activity," blared the *Daily Mail*, Britain's second-largest tabloid. Here's why that headline, and climate skeptics who say that Zharkova's model disproves global warming, are wrong, wrong, wrong:



The Frozen Thames 1677 by Abraham Hondius.
(Faithful photographic reproduction of a two-dimensional, public domain work of art. Original in the Museum of London.)

The LIA and Maunder Minimum dates don't match. The Little Ice Age began in the 1300s, with a major glacier expansion starting around 1550; the Maunder sunspot Minimum began in 1645.

Zharkova predicts a 60-percent falloff in solar magnetic activity by 2030, but that correlates to a mere 0.1-percent decline in *insolation*, that is, sunlight energy received at Earth's surface. (Insolation is spookily constant, varying by less than 0.2 percent over the past 400 years.)

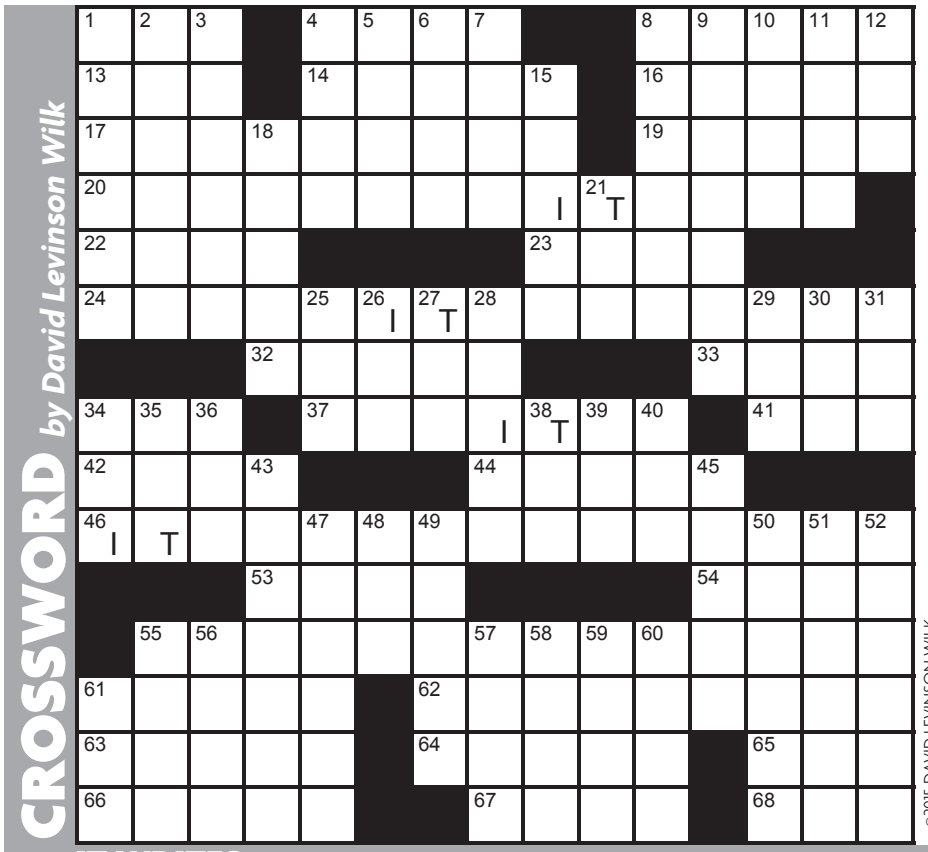
A change in the sun's output would affect the entire planet equally and consistently. While the LIA was a time of exceptionally cold winters in the North Atlantic region, summers were nearly normal and the effect wasn't felt consistently around the globe.

The earth has warmed by about 1.3 degrees Celsius since the start of the Industrial Revolution and is on track (at the rate we're burning coal, oil and gas) to rise by another 2 to 4 degrees by 2100. The cooling effect of a lengthy solar minimum would be small fry in comparison, probably no more than 0.3 degrees.

Here's the irony: Climate skeptics — who apparently distrust scientific studies — have seized upon a single, modest, and largely irrelevant study to persuade themselves that we're about to enter a mini Ice Age. Meanwhile, hundreds of studies show climate change is both real and unremitting. Sorry, gang. Upcoming Maunder Minimum or not, there's no Ice Age waiting around the corner to save us. ●

Barry Evans (barryevans9@yahoo.com) worries more about chinook in the Klamath today than H. sapiens in 2030.

CROSSWORD by David Levinson Wilk



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IT WRITES — ANSWERS NEXT WEEK!

ACROSS

1. Yank's foe
4. Green machines
8. Second-string players
13. 52 semanas
14. Long, easy strides
16. Resistance-related
17. Occasion during which Barack and Michelle saw "Do the Right Thing"
19. Crosswords have them
20. 1997 Jack Nicholson movie with a script so simple ... 55-Across!
22. Director Kazan
23. Cabbage often baked into chips
24. 1950s-60s TV show with scripts so simple ... 55-Across!
32. Church official
33. Greedy cry
34. Part of "otoh"
37. 1970 hit song with lyrics so simple ... 55-Across!
41. Day care break
42. Development site?
44. Nary a soul
46. 1996 bestseller with a message so simple ... 55-Across!
53. Bilingual TV cartoon character
54. 1052, to Caesar
55. "The process of putting this down on paper feels effortless!" (or what's going on in 17-, 24-, 37- and 46-Across)
61. Shaggy's dog, to Shaggy
62. It was initially called "Chemgrass"
63. ____ Haute, Indiana
64. He received 2.8 million votes in 2000
65. Part of Italy where Cape Spartivento is
66. Tennis great Ivan
67. "If you prick ____ we not bleed?": Shakespeare
68. One of four in Massachusetts: Abbr.

DOWN

1. Tennis great Nadal
2. Maroon
3. Enemy of a Medici
4. ____ clarinet
5. Sondheim's Sweeney
6. Org. that watches closely for brief nudity
7. Collections
8. "The 3-minute word search game"
9. Time in New York when it's midnight in Los Angeles
10. Discharge
11. Gives a helping hand
12. Mike holders
15. Brand name that's Japanese for "precision"
18. Dry Italian wine
21. Key beside Q
25. Pipe shape
26. Suffix with ox- or sulf-
27. Vietnamese holiday
28. "Told Y'all" rapper
29. Fashion's Diane ____ Furstenberg
30. Big factor in the Cy Young Award
31. Member of the House, for short
34. Prefix with night or light
35. ____ mess
36. Lifesaver's inits.
38. "Mazel ____!"
39. Avril Lavigne's "Sk8er ____"
40. Make bigger: Abbr.
43. Any part of "!&$@*$!"
45. Horror film locale: Abbr.
47. Moet & Chandon rival
48. "____ tu" (Verdi aria)
49. "Damn Yankees" villain
50. Native Alaskans
51. "Michael Clayton" director Tony
52. French engineer Gustave
55. Frozen drink brand
56. Of two minds
57. One of Isaac's twins
58. The EPA issues them: Abbr.
59. Wrathful
60. Chant at a bullfight
61. Mo. town

LAST WEEK'S ANSWERS TO GAME CHANGER

K	E	I	T	H	■	K	A	P	P	A	■	I	P	O
I	S	S	U	E	■	N	I	C	E	R	■	N	E	W
A	L	L	B	A	B	E	S	B	A	T	■	A	T	E
■	■	■	A	R	I	E	L	■	■	■	P	R	E	S
B	L	A	S	T	B	L	E	A	K	C	O	U	R	T
A	O	L	■	H	I	S	■	G	I	O	R	G	I	O
S	O	A	K	■	■	■	G	E	T	I	T	■	■	■
■	M	I	N	I	A	T	U	R	E	F	L	O	G	■
■	■	■	E	M	O	R	Y	■	■	■	Y	A	L	L
J	U	G	W	I	N	E	■	E	T	A	■	R	U	E
A	N	Y	O	N	E	F	O	R	I	N	N	S	E	T
N	E	R	F	■	■	■	M	I	S	D	O	■	■	■
I	V	A	■	G	A	M	E	C	H	A	N	G	E	R
N	E	T	■	A	M	I	G	A	■	L	O	U	S	E
E	N	E	■	M	I	D	A	S	■	E	S	S	E	X

su|do|ku © Puzzles by Pappocom — HARD #54

www.sudoku.com

7		6	9					5
	4	9			5			
				4				
4	7						2	
	8	1				6	4	
	2						9	1
				7				
			3			9	8	
5					8	3		2

Continued on next page »

NOTICE OF PETITION TO ADMINISTER ESTATE OF CHRISTINE BACKUES CASE NO. PR150222

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both,
Christine Backues
A PETITION FOR PROBATE has been filed by Petitioner, Jackie Gable
In the Superior Court of California, County of Humboldt. The petition for probate requests that Jackie Nickole Riley Gable be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on October 8, 2015 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Carlton D. Floyd
Floyd Law Firm
819 Seventh Street
Eureka, CA 95501
(707) 445-9754
Filed: September 3, 2015
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT
9/17, 24, 10/1 (15-202)

PUBLIC NOTICE PROPERTY TAX DUE

John Bartholomew, Humboldt County Tax Collector, gives notice that regular secured tax bills will be mailed on or about September 18, 2015, to all property owners, at the addresses shown on the tax roll. If you own property in Humboldt County and do not receive a tax bill by October 15, contact the Tax Collector's office, 825 Fifth Street, Room 125, Eureka, Ca. 95501 or call (707) 441-2030. Failure to receive a tax bill does not relieve the taxpayer of the responsibility to make timely payments.
The FIRST INSTALLMENT of 2015-16 taxes are due and payable on November 1, 2015, and will become delinquent if not paid by 5:00 p.m. on December 10, 2015; thereafter a 10% penalty will be added, plus any applicable fees.
The SECOND INSTALLMENT will be due on February 1, 2016 and, if not paid by 5:00 p.m. on April 11, 2016, a 10% penalty and $20 cost charge will be added, plus any applicable fees.
BOTH INSTALLMENTS MAY BE PAID when the first installment is due.
SUPPLEMENTAL TAX BILLS are an additional tax liability due to a reassessment of your property value and are due on the date the bill is mailed to you. Please check the supplemental tax bill delinquent dates to be sure to pay the taxes in a timely manner to avoid penalties & costs.
The EUREKA CITY SCHOOL DISTRICT MEASURE S Bond rate will be $ 55.00 per $100,000 of property valuation. Call 441-2412 if you have any questions.
Payments may be made by mail sent and made payable to the Humboldt County Tax Collector, 825 Fifth Street, Room 125, Eureka, Ca. 95501 and must be U. S. Post Office POSTMARKED BY THE DELINQUENT DATE to avoid late penalties. Payments may also be made in person at the County Tax Collector's office, 825 Fifth Street, Room 125, Eureka, Ca. 95501, between the hours of 8:30 a.m. and Noon, and 1 p.m. and 5 p.m., Monday through Friday, holidays excepted. Please visit our website if you'd like additional information or to pay online.

John Bartholomew
Humboldt County Tax Collector
Date: 9/14/2015

09/17, 09/24 (15-203)

LEGALS?
442-1400

FICTITIOUS BUSINESS NAME STATEMENT 15-00493

The following person is doing Business as **RAK BUSINESS ADVISORS**
Humboldt, 1656 Dean Street, Eureka, CA 95501
Heather R Watkins
1656 Dean Street, Eureka, CA 95501
Jessica E Ayala
670 10th Street Apt 4, Arcata, CA 95521
The business is conducted by A General Partnership.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Julie Clark, Owner/Operator
This statement was filed with the County Clerk of Humboldt County on August 21, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abram

8/27, 9/3, 9/10, 9/27 (15-191)

FICTITIOUS BUSINESS NAME STATEMENT 15-00532

The following person is doing Business as **WOMAN WITHIN WESTERN USA**
Humboldt, 1579 13TH St., Arcata, CA 95521
Women Worldwide-West Coast, Inc.
CA C2046778
1579 13th St, Arcata, CA 95521
The business is conducted by A Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Beth Shipley, Treasurer
This statement was filed with the County Clerk of Humboldt County on September 17, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: S. Carns
9/24, 10/1, 10/8, 10/24 (15-205)

PLACE YOUR OWN AD AT:
classified.northcoastjournal.com

FICTITIOUS BUSINESS NAME STATEMENT 15-00503

The following person is doing Business as **MCBURN FIREWOOD**
Humboldt, 2190 Hooven Rd, McKinleyville, CA 95519
PO Box 476, Cutten, CA 95534
Conan J Cavanaugh
3939 T St, Eureka, CA 95503
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Conan J. Cavanaugh
This statement was filed with the County Clerk of Humboldt County on
August 27, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

9/3, 9/10, 9/17, 9/24 (15-196)

FICTITIOUS BUSINESS NAME STATEMENT 15-00504

The following person is doing Business as **HONEST AS TATTOO COMPANY**
Humboldt, 6093 Princeton Dr., Eureka, CA 95503
Abraham M. Kennedy
6093 Princeton Dr., Eureka, CA 95503
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Abraham Kennedy, Owner
This statement was filed with the County Clerk of Humboldt County on August 27, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

9/10, 9/17, 9/24, 10/1 (15-199)

FICTITIOUS BUSINESS NAME STATEMENT 15-00519

The following person is doing Business as **NORTH WEST TREE SERVICE**
Humboldt, 20 Bell View Ave, Rio Dell, CA 95562
PO Box 112, Rio Dell, CA 95562
Micah D Bigelow
20 Bell View Ave, Rio Dell, CA 95562
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Micah D. Bigelow, Owner
This statement was filed with the County Clerk of Humboldt County on September 3, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

9/10, 9/17, 9/24, 10/1 (15-200)

THE
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ON NEWSSTANDS:


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RESTAURANTS A-Z
400+ Locations
m.northcoastjournal.com


Legal Notices

FICTITIOUS BUSINESS NAME STATEMENT 15-00539

The following person is doing Business as **WELL DONE GUTTERS**
Humboldt, 123 Ash St., Rio Dell, CA 95562
Zachariah B Shafer
123 Ash St., Rio Dell, CA 95562
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Zachariah Shafer, Owner
This statement was filed with the County Clerk of Humboldt County on September 21, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: S. Carns

9/24, 10/1, 10/8, 10/24 (15-206)

FICTITIOUS BUSINESS NAME STATEMENT 15-00496

The following person is doing Business as **NORTH COAST LED**
Humboldt, 3101 Concorde Dr Ste D McKinleyville, CA 95519
John F Vogelpohl
3101 Concorde Dr Ste D, McKinleyville, CA 95519
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s John F Vogelpohl, Owner
This statement was filed with the County Clerk of Humboldt County on August 25, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

9/17, 9/24, 10/1, 10/8 (15-201)

FICTITIOUS BUSINESS NAME STATEMENT 15-00505

The following person is doing Business as **TOMAS JEWELRY**
Humboldt, 1275 8th Street, Arcata, CA 95521
Toucan, INC, 1275 8th Street, Arcata, CA 95521
The business is conducted by A Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Chris Albright
This statement was filed with the County Clerk of Humboldt County on
August 28, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: S. Carns

9/10, 9/17, 9/24, 10/1 (15-197)

FICTITIOUS BUSINESS NAME STATEMENT 15-00531

The following person is doing Business as **ROMAN'S KITCHEN**
Humboldt, 681 I St., Arcata, CA 95521
Valeriano A Mendes Linares
715 Rigby St, Rio Dell, CA 95562
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Valeriano Andres Mendes L, Owner
This statement was filed with the County Clerk of Humboldt County on September 16, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris
9/24, 10/1, 10/8, 10/24 (15-204)

FICTITIOUS BUSINESS NAME STATEMENT 15-00494

The following person is doing Business as **SERENITY NOW HOME AND GARDEN SERVICES**
Humboldt, 2635 Susan Ave, Arcata, CA 95521
Clint D Schroeder
2635 Susan Ave, Arcata, CA 95521
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Clint Schroeder
This statement was filed with the County Clerk of Humboldt County on August 24, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

8/27, 9/3, 9/10, 9/27 (15-193)

RESTAURANTS, MUSIC, EVENTS, MOVIE TIMES, ARTS LISTINGS, BLOGS

m.northcoastjournal.com

Bookmark the URL and it's ready to go, right on your phone.



2015 WEDDING & PARTY GUIDE

FIND IT NOW ON NEWSSTANDS AND AT LOCAL WEDDING & PARTY RETAILERS

Employment

Opportunities

AMERICAN STAR PRIVATE SECURITY. Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at
922 E Street, Suite A, Eureka
(707) 476-9262. (E-1231)

ARCATA HOUSE PARTNERSHIP

CASE MANAGER Arcata House Partnership is seeking a Case Manager to help homeless adults overcome barriers to housing. To apply or learn more, please send a letter of interest and a resume to shelley990@suddenlink.net.

CITY AMBULANCE OF EUREKA, INC. 40 YEARS OF SERVICE

COMMUNICATIONS CENTER DISPATCHER City Ambulance/City Cab seeks reliable, detail-oriented people for taxi & ambulance dispatcher positions, various shifts. For more information & an application, call 707-445-4907 ext. 203.
www.cityambulance.com

HUMBOLDT COUNTY OFFICE OF EDUCATION

EDUCATION: EQUAL OPPORTUNITY TITLE IX
For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more. Go to our website at www.humboldt.k12.ca.us and click on Employment Opportunities. Applications and job flyers may be picked up at the Personnel Office, Humboldt County Office of Education 901 Myrtle Ave, Eureka, or accessed online.
For more information call 445-7039. (E-0625)

@ncj_of_humboldt

CRESTWOOD

ON-CALL LPT, LVN POSITIONS AVAILABLE
Are you an LPT/LVN looking for additional hours?
Apply at
Crestwood Behavioral Health Center,
2370 Buhne St, Eureka
www.crestwoodbehavioralhealth.com/eureka.html

SHERIFF HUMBOLDT COUNTY CA

County of Humboldt
Office of Emergency Services

Administrative Analyst (Extra-Help)

Humboldt County Sheriff's Office is looking for an extra help part-time Administrative Analyst in the Office of Emergency Services (OES).

Duties include supporting OES and Emergency Operations Center (EOC) functions, including disaster preparedness, planning, response, and recovery activities; grants administration and accounting; communicating with the public and with local, state, and federal agencies; maintaining EOC equipment and resources; attending meetings and trainings; and providing backup for the Emergency Services Manager.

Must be proficient in MS Excel and other Office programs, possess excellent communication and organization skills, and have experience with fiscal operations and standard office procedures and practices. Salary range $18.72-$23.91 per hour. **Temporary position. Paid sick leave applies; no other benefits are included with Temporary Extra Help status.**

Applications may be obtained at Sheriff's Business Office at 826 4th Street, Eureka CA 95501 or by calling the OES office at (707) 268-2527. Return application, cover letter and resume no later than **Friday, October 9, 2015 at 5:00 pm.**

The County of Humboldt is an AA/EOE employer.

SHCHD

Southern Humboldt Community Healthcare District is now accepting applications for:

ACCOUNTING MANAGER
Full Time Position. Position reports to CFO and is responsible for accounts payable, payroll, the general ledger, and preparing reports for the state and other regulatory bodies. Bachelor's Degree in Accounting or comparable experience, finance, or related field is required. 2-3 year's work experience in finance or accounting, health care experience preferred. Responsible for overseeing accounting clerks.

REGISTERED NURSE
Full Time, Part Time, or Per Diem Position. Current RN License and CPR certification required. Work 12-hour shifts in our critical access emergency room.

REGISTRATION CLERK
Per Diem with potential of becoming full time. Weekend Shifts required.

HOUSEKEEPER
Full Time Position. Work 10-hour shifts. No license or certification required.

COOK
Part time position. Required to cook following a planned menu. No certification or license required.

*Full Benefits package for all Full Time Employees.
Health Insurance for Part Time Employees
*Shared housing available between shifts

Visit **www.shchd.org** for more information and to apply
Or call (707) 923-3921 ext. 230

Continued on next page »

Planned Parenthood®
Care. No matter what.
Planned Parenthood Northern California

Planned Parenthood has the following position currently available at our Eureka Health Center.

Full-time Reproductive Health Specialist II

This is a non-exempt, FT position working 40 hours/wk including evenings and Saturdays as needed.

Salary is $13–$15/hour + bilingual pay. Send resume, cover letter and 3 references to **careers@ppnorcal.org.**

North Coast Rape Crisis Team

Educator/Advocate

North Coast Rape Crisis Team has a full time Educator/Advocate opening starting at $16.50/hr with excellent benefits for self-aware, team-oriented person wanting to support survivors of sexual assault.

Job duties: crisis intervention, on call shifts, provision of interactive presentations & participation in community outreach. Extensive training provided. Computer experience necessary, bilingual/ multicultural experience highly desired.

Applications due September 30th by 4 pm
Call 707 443-2737 for info. EOE

CITY OF FORTUNA

CONFERENCE CENTER WORKER

$9.00–$10.94 PER HR

Part-time, or on-call for the Fortuna River Lodge Conference Center.

Work may include nights and weekends and involves a wide variety of duties including moderate to heavy physical labor, assisting kitchen user groups and general cleaning.

Full job description and required application available at 621 11th Street, Fortuna, or friendlyfortuna.com.

Open until filled.

Humboldt Bay
Municipal Water District

Operations and Maintenance Technician

Under general supervision, operates, maintains, and controls the District's water pumping, distribution and water treatment facilities; performs basic laboratory testing and sample collection; performs preventative maintenance checks and repairs of the District water pumping, distribution and treatment facilities, machinery, equipment, structures, and grounds; and performs other related duties as required.

Treatment plant experience highly desirable. Minimum Grade II Operator Certification and Grade II Distribution required. T-3 and D-3 preferred but not required. Salary range $4,192–$5,095 plus excellent benefits including deferred compensation.

Deadline for applications October 9, 2015.
Call (707) 443-5018 for an application or visit **www.hbmwd.com**

CHANGE A LIFE TODAY!
Gain financial security while helping us support adults with developmental disabilities in our community. California MENTOR is seeking caring people with a spare bedroom to provide care from the comfort of your home. Receive a competitive tax-exempt monthly stipend and ongoing support. Call Sharon today for more information at 442-4500 ext. 16 www.mentorswanted.com (E-1231)

County of Humboldt

NURSE CASE MANAGER

$4,144 - $5,318/mo.

Provides psychiatric after-care and case management services for mentally ill and emotionally disturbed clients in their homes and other outpatient settings; assists in developing treatment plans; provides medication education and administers medications; conducts assessments of mental status, medication compliance and response to medications; may provide transportation to medical or psychiatric appointments. Must possess a RN, LPT or LVN and a valid CDL.

Filing deadline: October 9, 2015. Apply online at www.humboldtgov.org/hr. or contact Humboldt County Human Resources at (707) 476-2349

AA/EOE

Humboldt County Office of Education

School Nurse

Part-time, 0.5 FTE
Placement on Certificated Salary Schedule, ($40,167-$46,629/Yr., will be prorated for 0.5 FTE).

Qualifications: A BA in nursing or related field and a Registered Nursing license. With these qualifications an applicant is eligible to then apply for the required Preliminary California School Nurse Services Credential and entry into one of the programs for a Permanent School Nurse Credential. Itinerant school nursing experience preferred.

Full job description available on the HCOE website. Eligible for Health & Welfare benefits & STRS retirement. Certificated app available at HCOE or online: **www.humboldt.k12.ca.us**

Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501. For questions contact Kathy Atkinson at katkinson@humboldt.k12.ca.us or call (707) 445-7039. **Closes: Sept. 30, 2015 at 4pm.**

County of Humboldt

COMMUNITY HEALTH OUTREACH WORKER I

$2,580 - $3,311 Monthly (Plus Benefits)

Under supervision, performs outreach, assessment and referrals and coordinates support services for at-risk clients and their families; may take specimens and conduct medical screening procedures; performs related work as assigned.

Must posses a valid California driver's license. Desired experience includes some college level coursework in community health, nursing or child development, and 1 year of experience providing direct health education, childhood education, or case management services for recipients of human services programs.

Filing deadline: October 9, 2015. Apply online at www.humboldtgov.org/Job-Opportunities. aa/eoe

HSU DINING SERVICES

HSU Dining Services invites applicants for the following position:

COOK I

Full-time with excellent benefits including health, dental, and vision insurance; vacation, sick leave, and retirement.

For job description and application procedure, visit: **http://tinyurl.com/aoh9ylp**
First Review: **October 5, 2015**

The Hoopa Valley Tribe is accepting applications to fill the following vacant position

Assistant Editor/ Lead Writer:

Two Rivers Tribune; Salary: DOE; Temp. F/T; work hours 40 hr./per week (DOE). Responsible for composing 4-6 newspaper articles per week. Coordinates stories, maintain communication with staff. Qualifications: Bachelor's degree in journalism or related field. Knowledge of Microsoft Office, Adobe Photoshop and Adobe Indesign is essential. Operate a digital SLR camera; Stringent deadlines, Excellent time management skills; CDL and insurable; Professional dress attire. Cover letter; 3 writing samples and resume must be submitted with application. OPEN UNTIL FILLLED.

Job description and application can be obtain from Human Resources Department, P.O. Box 218, Hoopa, CA 95546 or call (530) 625-9200 ext. 15. Hoopa Drug & Alcohol Policy and TERO Ordinance apply.

Humboldt County Department of Health & Human Services is accepting extra help applications for

HEALTH EDUCATION SPECIALIST I

Applicants would be responsible for planning, implementation and evaluation of health education activities related to chronic disease prevention. Applicants would deliver tobacco prevention curriculum in the schools, participate on community coalitions and research and develop health promotion media messages. Applicants should be able to collect and compile data, utilize spreadsheets and write reports. Qualified applicants will have an understanding of health disparities and health literacy and should be able to respond to people from a variety of socioeconomic groups and cultures. Applicants must possess a valid CA drivers license. Applicants selected must pass background screen.

Applicants must be willing to work variable hours as needed, Monday-Friday.

Salary for these placements: $17.82/hr.

Extra help applications & job description may be picked up at: **Department of Health & Human Services, Employee Services** 507 F Street, Eureka, CA 95501; **(707) 441-5510** AA/EOE

ARCATA CHAMBER OF COMMERCE

Executive Director

The Arcata Chamber of Commerce Board of Directors is seeking qualified candidates for the position of Executive Director. The Executive Director has primary responsibility for leadership of the activities of the Chamber insuring that its vision, mission and objectives are achieved. This position reports to the President of the Board of Directors and must establish a good working relationship with Chamber members, city/county government representatives, and provide leadership to Chamber staff in accomplishing the goals and objectives of the organization. A complete position description can be found at **www.arcatachamber.com/about-us**

Deadline for submission of Letters of Interest and Resumes is **5pm on Friday, September 25.** Salary DOQ; EOE.

County of Humboldt

PROGRAM COORDINATOR

REVENUE AND RECOVERY DIVISION

$4,207 - $5,398 Monthly

This class is responsible for the effective implementation of a single specialized program or multiple routine programs. Responsibilities include developing program guidelines and plans, identifying and securing grant funding as appropriate, developing staffing and budget proposals and planning, assigning and reviewing the work of staff to implement the program. The eligibility list established from this recruitment will be used to fill vacancies in the County's Revenue and Recovery division only. The most qualified candidates will have a four year degree in business administration or related field, a strong fiscal background and three years of professional experience in collections.

Filing deadline: October 9, 2015. Apply online at http://humboldtgov.org/hr aa/eoe.

changing tides family services

BILINGUAL CHILD CARE CASE MANAGER

Full-time position interview applicants to determine eligibility for subsidized child care programs and maintains a caseload of clients.

Coursework in social services or related filed and experience explaining rules and regulations to the public desired. Fluency in Spanish and English required along with ability to pass a DOJ/FBI criminal history fingerprint clearance. $14.11/hour plus benefits: paid vacation/sick leave, holidays, insurance, and 401(k) retirement plan.

Application and job description available at **www.changingtidesfs.org** or by calling (707) 444-8293. Please submit letter of interest, resume, and application by email to nprato@changingtidesfs.org or .U.S mail to Nanda Prato, 2259 Myrtle Avenue, Eureka, CA 95501 by **Monday, October 5 at 5:00 p.m.** EOE

Mad River Community Hospital

Come join Mad River Community Hospital and enjoy the satisfaction of working with a team.

Yes, you can be happy at work....here. If you have to work, why not do so with some of the best in the business. We are looking to hire a **Home Health Social Worker, Full Time Clinical Lab Scientist**, **Registered Nurses, Utilization Review RN/LVN** and other positions.

Look on our web site for openings:
www.madriverhospital.com

open door

Community Health Centers

BEHAVIORAL HEALTH DIRECTOR
1 F/T Eureka

BEHAVIORAL HEALTH INTEGRATED PROVIDER
1 F/T Crescent City

CASE MANAGER
1 F/T Arcata

CASE MANAGER/REFERRAL SUPPORT
1 F/T Crescent City

DIETICIAN (Ped obesity experience)
1 F/T Arcata/Eureka

LAB ASSISTANT
1 F/T Crescent City
1 F/T Arcata

LVN
1 F/T Crescent City

MEDICAL BILLER
1 F/T Arcata

MEDICAL ASSISTANT
1 F/T Eureka
1 F/T Arcata
1 F/T Crescent City

MEDICAL RECEPTIONIST
1 F/T Fortuna
1 F/T Eureka

MEDICAL RECORDS CLERK
1 F/T Arcata
1 F/T Fortuna
1 F/T Willow Creek

OFFICE MANAGER
1 F/T Fortuna
1 F/T Eureka

REGISTERED DENTAL ASSISTANT
1 F/T Eureka

REGISTERED NURSE
1 F/T Crescent City
1 F/T Willow Creek

RN- TRANSITION & CARE COORDINATOR
1 F/T Eureka

TRAINING SPECIALIST
1 F/T Eureka

TRIAGE RN
1 F/T Ferndale

Visit **www.opendoorhealth.com** to complete and submit our online application.

Planned Parenthood® Care. No matter what.
Planned Parenthood Northern California

Planned Parenthood has the following position currently available at our Eureka Health Center.

Full-time Center Director III

The Center Director has direct oversight for the overall development, management, and supervision of center staff and services at the designated health center site. This is an exempt, FT position, working 40 hours/wk including evenings and Saturdays as needed.

Salary is DOE Send resume, cover letter and 3 references to **careers@ppnorcal.org**

United Indian Health Services, Inc.

Application deadline: Sept. 28, 2015

Facilities & Safety Program Technician
Assist the Facilities Manager, staff training, Safety Program Officer & various activities.

Health Promotion & Education Manager
Develops and leads grant funded projects ~ promotes prevention and education programs within the Native American community.

Diabetes Program Manager
Planning, developing, implementing, by evaluating community based diabetes management and prevention programs and supervises staff.

Client Benefit Technician
Assist patients in registration and insurance applications.

Garden Technician
Assists with the operation of the Potawot Community Food Garden.

Purchased Referred Care Technician
Processes and tracks referrals for providers.

Physical Activity Specialist
Through the UIHS Diabetes Prevention Program. Serves as the lifestyle "coach" for participants.

Human Resources Director
Directs all aspects of HR, work with Board of Directors, Design and Maintain Organizational Structure

OB (NA-AS) Clinical Nurse
Provide comprehensive Perinatal Services

Van Driver ~ Part Time
Position is .60 FTE, Must have Class B License

Medical Assistants
Weitchpec & Fortuna ~ Assists with examinations and treatments, must be injection and BLS certified .

Clinical Nurse
Weitchpec ~ Provide appropriate sensitive care

Medical Provider – MD/DO or FNP/PA
Smith River & Klamath areas. Provides full scope primary care.

Job description & salary range posted on web-site. Employment application available online at www.uihs.org. Email application, cover letter and resume to **UIHS-Recruiting@crihb.org**

Serving the Native American Community since 1970. In accordance with PL 93-638 American Indian Preference shall be given.

Continued on next page »

CITY OF FORTUNA

STREET MAINTENANCE WORKER II

$26,827 – $32,595
FULL TIME, EXCELLENT BENEFITS.

Entry level position to perform a variety of unskilled and semiskilled work assignments in the maintenance, repair, and construction of City streets and storm drains; to learn basic equipment operation assignments; and to do related work as required with general supervision.

Must be 18 and have valid CDL. Complete job description and required application available at friendlyfortuna.com or City of Fortuna, 621 11th Street, 725-7600.

Application packet must be received by
4 pm Wednesday, September 30, 2015

Humboldt County Office of Education

Anticipated Openings for School Bus Drivers



Entry level or experienced–all you need is the DRIVE to succeed! Part-Time, full-time, and substitute positions. Competitive wages & benefits, PERS retirement for all regular positions. FREE training available for CLASS B license and School Bus Driver Certification.

Qualifications: Must be 18 years of age or older. Drivers are subject to a medical evaluation, including drug testing.

Apply at HCOE or online at **www.humboldt.k12.ca.us**

Reply to: Personnel, HCOE, 901 Myrtle Ave., Eureka, CA 95501.

The City of Rio Dell is now accepting applications for

POLICE OFFICER

($41,823 to $56,957 + Benefits)
Entry level or lateral – general uniformed police work.

UTILITY WORKER I

($10.00 per hour, Part-Time Temporary through January 2016)
Entry level assignments of outdoor labor maintaining city property and streets.

Applications may be obtained at 675 Wildwood Avenue, **www.riodellcity.com** or call (707)764-3532.

Applications for both positions are due by **5 pm on October 9, 2015**.

HUMBOLDT STATE UNIVERSITY
A California State University

Clinical Lab Scientist (Job #15-63)

F/T position in the Student Health Center. Review: 9/29/15. For more info visit: **http://apptrkr.com/673995** or call **707-826-3626**. HSU is an ADA/Title IX/EOE

RESTIF CLEANING SERVICE

ACCEPTING APPLICATIONS FOR OFFICE CLERK I
Mon-Fri
8:30 a.m.-5 p.m
Email resume to Pamela@restif.com

PIERSON COMPANY

Pierson Company is now hiring for the following positions:

Construction Project Manager • Construction Laborer
Construction Estimator • Construction Carpenter
Staff Accountant

Knowledge of construction terms as well as a "safety-first" mindset. Construction experience preferred. Pay DOE. Submit a resume with application. Pre-employment physical and drug test req'd.

Applications may be filled out at: *www.piersoncompany.com*
Pierson Company, 1200 West Harris St., Eureka
8am-5pm M-F 268-1800x10

SPS SEQUOIA PERSONNEL SERVICES INC.

sequoiapersonnel.com
2930 E St., Eureka, CA 95501
(707) 445.9641

Laborers • Journeyman Electrician
Electrical Construction Project Mgr
CPA • Prep/Line Cook • Carpenter
Data Entry Clerk • Geotech Engineer
Caregivers • Delivery Driver • Painter
Janitorial • OSHA Safety Supervisor
Medical Administrative Asst

North Coast journal of Politics, People and Art

The North Coast Journal is seeking

distribution drivers

Wednesday afternoon/Thursday morning routes. Must be personable, have a reliable vehicle, clean driving record and insurance. News box repair skills a plus.

Submit résumé to
310 F St., Eureka, CA 95501
or email
chuck@northcoastjournal.com

HOME CAREGIVERS PT/FT. Non-medical caregivers to assist elderly in their homes. Top hourly wages. (707) 362-8045. (E-1231)

CRESTWOOD

KITCHEN & HOUSEKEEPERS
Want your job to be meaningful?
On-Call to join team at behavioral health center.
Cook $11.31/hr
Housekeeping $10.14/hr
EEO/AA/Minority/F/Vet/Disability Employer.
2370 Buhne St, Eureka

REMI VISTA, INC. YOUTH & FAMILY SERVICES

NEED PERSONAL ATTENDANTS (PA) ASAP!!
A PA assists individuals with developmental disabilities. Must be at least 21, clean DMV record, DL, and a vehicle. Pass drug test and background check. Email osavage@remivistainc.org or call (707) 268-8722

Planned Parenthood® Care. No matter what.
Planned Parenthood Northern California

Planned Parenthood of Northern California

Part-Time (32 hours/wk)
Lead Clinician
Eureka, 10K Sign On Available!

Per Deim Clinician II
(with a possibility of additional regular hours in the future)
Eureka Health Center.

The Advanced Practice Clinician (i.e., Nurse Practitioner, Physician Assistant, Certified Nurse Midwife) will function as part of a healthcare team to provide care under the standing orders and medical supervision of the Medical Director in conjunction with the Senior Director of Medical Services and Lead Clinician, and in accordance with PPFA and PPNorCal Medical Standards and Guidelines. This position is an integral part of the Client Services department and reports to the Center Director.

These are non-exempt positions that include evening and/or weekend shifts as needed. Salary is DOE + bilingual pay differential + float pay differential (if applicable).

Interested candidates can submit their resume, 3 professional references, and cover letter to careers@ppnorcal.org. **EOE.**

CareMatch

Carefree Caregiver Hiring

NON-MEDICAL CAREGIVER START AT $12.00 PER HOUR
Submit Resume to:
dana@caregiverhire.com.
Application to:
www.caregiverhire.com
(707) 443-4473

NURSES AIDE, 30-35 HRS/WK. Current/previous CNA pref. Exp. working w/elderly or disabled pref. App./job desc. may be picked up at Adult Day Health Care of Mad River (directly behind Mad River Hospital) Apps. accepted until position filled. 707 822-4866 adhc@madriverhospital.com Adult Day Health Care is a drug & alcohol free workplace.

Redwoods Rural HEALTH CENTER

Full-time Licensed Clinical Social Worker (LCSW)

Redwoods Rural Health Center seeks a LCSW to provide integrated behavioral health services for clients in Redway. Works closely with the on-site medical providers, county case management, and specialty mental health. This is a full-time position with paid time off, employer-sponsored health benefits, and Loan Repayment through the NHSC.

For more information, contact Tina Tvedt at (707) 923-2783 or send a resume to RRHC HR Dept., P.O. Box 769, Redway, CA 95560

HUMBOLDT SUPERIOR COURT
Job Opportunity

Court Account Clerk I/II DOE

$2681.47-$3690.27/mo + benefits

High school diploma or equivalent and one year exp. required. FBI/DOJ/Background check required.

Apply by **9/28/2015** for app and info **(707) 269-1245** or email **HR@humboldtcourt.ca.gov**

Employment

RETAIL MERCHANDISERS Retail Merchandisers needed for store remodel in Eureka to work 15 consecutive days for 8-10 hrs per day. Reset and POG experience needed. This position is as an Independent Contractor. Contact Verna at 816-522-2288.

CHER-AE HEIGHTS CASINO

EMPLOYMENT OPPORTUNITIES

Cage Cashier, PT
Janitor, PT
Shuttle Driver, PT
Table Games Dealer/Pit Supervisor, PT
Bartender, PT
Fiscal Assistant, FT
Security Officer I, PT
Cash Ops. Mgr./BSA
Compliance Officer, FT
Deli Worker, PT
Line Cook, PT
Wait Staff, PT
Slot Tech, PT

To apply visit our website at *www.cheraeheightscasino.com*

Auctions

PUBLIC AUCTIONS
THURS. OCT. 1ST 4:15 PM
THURS. OCT. 15TH 4:15 PM
NEW TIME
First Hour Boxes & Smalls.
Estate Furniture & Household Misc. + Additions.
INFO & PICTURES AT WWW.CARLJOHNSONCO.COM
PREVIEW WEDS. 11AM-5PM & THURS. FROM 11AM TO SALE TIME
THE CARL JOHNSON CO
Est. 1948
3950 JACOBS AVE. EUREKA • 443-4851

Clothing

THEATRICAL THRIFT
The Costume Box thrifty sale rack is full of glitter, fun, unusual and hard-to-find items. Great for creating your own unique costume. Open Mon-Fri 1-5, Sat 11-5. 202 T St. Eureka, Ca (707) 443-5200

PLACE YOUR OWN AD AT:
classified.northcoastjournal.com
MARKETPLACE

Marketplace





Community

BECOME A FOSTER PARENT. Provide a safe and stable environment for youth 13-18 for them to learn & grow in their own community. Contact the HC Dept. of Health & Human Services Foster Care Hotline for more information (707) 499-3410



Merchandise

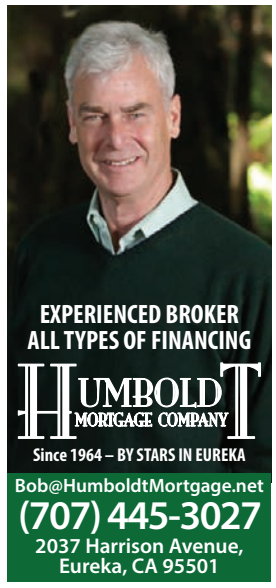
ALL KIDS BOOKS & TOYS HALF PRICE September 24-30 at the Dream Quest Thrift Store where your shopping dollars support year round youth programs! And there's more: Tuesday Senior Discount, Friday Frenzy, Saturday Secret Special Sale.



Miscellaneous

AUTO INSURANCE STARTING AT $25/ MONTH! Call 855-977-9537

PREGNANT? THINKING OF ADOPTION? Talk with caring agency specializing in matching Birthmothers with Families Nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions. 866-413-6293. Void in Illinois/New Mexico/ Indiana (AAN CAN)



RV SITES FOR MONTHLY OCCUPANCY NOW OPEN. To apply go to riversedgepark.com and complete a free application (707-764-5420)

AUTO INSURANCE STARTING AT $25/ MONTH! Call 855-977-9537

CASH PAID FOR UNEXPIRED, SEALED DIABETIC TEST STRIPS - HIGHEST PRICES! Shipping prepaid. 1 DAY PAYMENT. 1-888-366-0959 www.Cash4DiabeticSupplies.com

Art & Design



Auto Service

ROCK CHIP? Windshield repair is our specialty. For emergency service CALL GLASWELDER 442-GLAS (4527), humboldtwindshieldrepair.com (S-0106)

Cleaning



CLARITY WINDOW CLEANING. Services available. Call Julie 839-1518. (S-0106)

PLACE YOUR OWN AD AT:
classified.northcoastjournal.com
SERVICES

Computer & Internet

Macs In The Mist
Macintosh Computer Consulting for Business and Individuals
Troubleshooting
Hardware/Memory Upgrades
Setup Assistance/Training
Purchase Advice
707-826-1806
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WEITCHPEC LAND/ PROPERTY $149,000

This desirable ±40 acre property located off Highway 169 boasts gorgeous river views, year round creek, access to private fishing hole and private beach, Klamath River frontage, southern exposure, sloping topography, phone and power, and county road access. Owner will carry with 25% down.



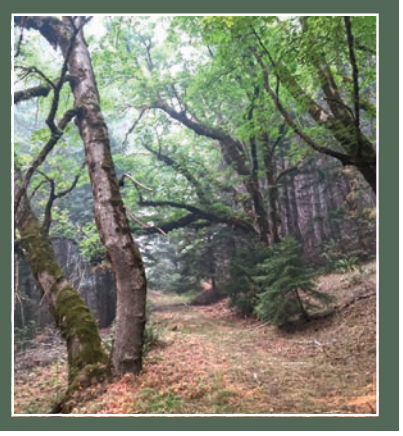


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This ±29 acre property split by HWY 299 offers the best of both worlds! The Eastern portion of the property features an open meadow three acre flat with a gated driveway, PG&E lines to the property and beautiful river views. The upper, Western portion of the property boasts wooded privacy with roads throughout and a year round spring.

BERRY SUMMIT LAND/ PROPERTY $3,200,000

12 legal parcels totaling ±2,240 acres only 30 minutes from Arcata! Property has convenient deeded access off of HWY 299 and Titlow Hill Road, scenic Redwood Valley views, and some parcels offer PG&E power. Water sources include creeks and natural spring fed ponds. Parcels have a variety of timber including Maple, Tan Oak, Cedar, Fir, Alder, Pine and Madrone. Several investment opportunities available. Qualified Buyers, please call us to discuss.



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